

Mountaineer

Vol. 59, No. 20

Published in the interest of the 7th Infantry Division and the Fort Carson, Colo., community

May 18, 2001



Energy Conservation

Fact of the week:
Colorado Springs Utilities has purchased a significant amount of very expensive power. This electric power is costing about ten times more than normal power costs.

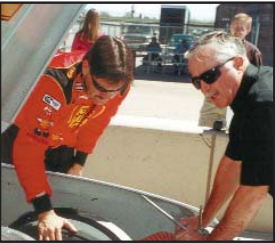
Tip of the week:
Please turn off non-essential electrical equipment whenever possible, especially between 11 a.m. and 6 p.m. Please curtail the use of electric equipment such as:
• air conditioners • washers and dryers • stoves, microwaves and coffee pots
• lights when daylight will suffice and in vacant rooms
• computers and monitors
• electric motors

Feature



Local leaders got a taste of life in the field when they visited the National Training Center.

Happenings



The Jelly Belly 200 NASCAR truck series race is this weekend at Pike Peak International Raceway.

See Page B-1.

Early publication
Because of the training holiday, next week's *Mountaineer* will be published Thursday.

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Photo by Spc. Jon Christoffersen

Gas, Gas, Gas ...

Corporal Joshua Morris, a squad leader with 60th Ordnance company, checks the seal of the protective mask on Pvt. Scott Nutter during company training Wednesday.

Government credit card holders need to know about delinquencies

by Spc. Jon Christoffersen
Mountaineer staff

Recently, the Department of Defense and the Bank of America, issuer of the government travel card, reached an agreement to continue the current charge card program.

A few modifications have been agreed upon concerning delinquent payment to the bank.

According to Sherman Johnson, with the Defense Finance and Accounting Service in Indianapolis, late fees for delinquent account will rise. A late fee of \$29 will be assessed to the cardholder after the account goes past 75 calendar days delinquent, and monthly thereafter until the past due balance is paid in full.

Along with a higher late fee — it used to be \$20 — current cash and credit lines have been decreased.

According to Debbi Parks, chief of manpower and management at Fort Carson, the purpose of these changes is to cut down the amount of delinquent accounts. She said that last year Fort Carson had one of the highest rates of delinquency in Forces Command, but a lot of work has gone into reducing that number here.

"Since the first of the year," Parks explained. "With the cooperation and help of the unit travel card coordinators, we have

See Credit Card, Page 4

Three soldiers court martialed on Fort Carson

by Spc. Stacy Harris
Mountaineer staff

Three Fort Carson soldiers were recently court-martialed; all of whom received bad conduct discharges.

In a court martial hearing Friday, a soldier from B Company, 2nd Battalion, 10th Special Forces Group (Airborne), pleaded guilty to several offenses involving pornographic images.

Sergeant Peter M. Holmes was found guilty of one violation of the Joint Ethics Regulation for using government-owned computer equipment to access pornographic Web sites. He was also charged with one specification of wrongful possession of child pornography and one specification of receiving images of child pornography.

Holmes was sentenced to a bad conduct discharge, reduction to E-1, total forfeiture of all pay and allowances and confinement for seven months.

...

In another court martial hearing Friday, a soldier from A Troop, 1st Battalion, 3rd Armored Cavalry Regiment, pleaded guilty to missing movement by design, absence without leave and wrongful use of marijuana.

Private 1st Class Robert M. Schabert III, was sentenced to a bad conduct discharge and reduction to E-1. Schabert will also receive confinement for five months and forfeiture of \$695 per month for five months.

...

In a trial held earlier this month, a soldier from C Company, 1st Battalion, 12th Infantry Regiment, was given a bad conduct discharge for drug use.

Specialist Terry C. Smith pleaded guilty May 8 to four specifications of wrongful use of drugs. The drugs Smith was convicted of using methylenedioxyamphetamine (MDA), methylenedioxymethamphetamine (MDMA) and cocaine.

Smith was sentenced to reduction to E-1, total forfeiture of all pay and allowances, confinement for five months and a bad conduct discharge. Because of a pre-trial agreement, his confinement will be limited to three months.

Early deadlines in effect

Due to the Memorial Day holiday, the *Mountaineer* will be published May 24. Submissions for next week's paper must be in by noon today. For the June 1 edition, submissions must be in by noon May 24.

Due to an office get together, all

submissions for the June 8 edition must be in my noon, May 31. All articles submitted that do not meet deadline will be considered for publication.

For questions, contact Spc. Stacy Harris, *Mountaineer* editor, at 526-4144.

Commander's Corner

Armed Forces Day: honoring those who serve



Soriano

“You are the cream of the crop of America’s sons and daughters and those whom you serve know it.”

Tomorrow is Armed Forces Day. Ten days from now we will observe the Memorial Day holiday. Both days have been set aside to honor our military forces and remember those who have fallen in defense of our country and way of life.

“Wars may be fought with weapons, but they are won by men,” said General George S. Patton in describing the importance of the individual soldier. I encourage each of you to find a veteran — perhaps a friend or relative — and tell them how very much you appreciate their sacrifice. The brave men and women who have gone before us have left a powerful legacy and deserve both our respect and gratitude.

What we do is difficult, dangerous and, all too often it seems, thankless. I can assure you that America appreciates your day-to-day dedication to the mission. Consider this: since 1975, in Gallup Polls designed to measure trust and confidence in public institutions, the military has consistently finished first. In the most recent poll, an astonishing 64 percent of respondents expressed a “great deal/quite a lot” of confidence in the military. That number is a direct reflection of the caliber of the men and women who chose to serve. Simply put, you are the cream of the crop of America’s sons and daughters and those whom you serve know it.

The first Armed Forces day was established to

commemorate the unification of the Armed Forces under one department — the Department of Defense. This was a significant change in the way that America’s military forces were organized, equipped, trained and deployed. In the words of President Harry S. Truman, “Armed Forces Day marks the first combined demonstration by America’s defense team of its progress, under the National Security Act, towards the goal of readiness for any eventuality.”

As the first Armed Forces Day marked a turning point for the Department of Defense, this year’s finds the U.S. Army undertaking a significant transformation to ensure it is prepared to meet the challenges of the new millennium.

Currently at Fort Lewis, Wash., a new type of unit is being formed and tested. It will be swiftly deployable and highly mobile. The intent is to deploy a lethal size force to an area of conflict, as quickly as possible. It is the 21st Century’s version of Confederate General Nathan Bedford Forrest’s admonition to be “the firstest with the mostest.”

This transformation will take place over many years, with new equipment substituting for some older equipment. Wheeled vehicles will largely replace tracked troop carriers. Much of this equipment transformation is based on lessons learned in the Balkans: tracked vehicles do not do well in built-up and mountainous areas and current transport vehicles also tear up roads and byways, especially in areas where road maintenance is limited. Individual soldiers will be outfitted with more high-tech equipment to make his or her job in the field more efficient and effective.

This does not mean that we will abandon heavy armor. There are missions that will still require the M1A2 main battle tan,. where that kind of equipment will still be needed and used.

Another visible sign of transformation will be the beret. In less than a month, we at Fort Carson will don the black beret as our standard headgear. This is an outward sign of the pride we should all feel in

serving our country. It will also serve as a reminder to all of our citizens that we are there for them. We are all well trained and prepared to fight for the freedoms for which our forefathers fought and died.

The part of the transformation of the Army that is most visible to the public at large is the new “Army of one” campaign. This campaign is about you, that individual soldier, being able to make a difference, being able to think on your feet, being so well trained and ready that when a decision needs to be made and an action taken, you can do it, you can do it right and be an integral part of the team.

It is the Army of one that makes up the Army of many. When someone asks you what this Army of One is, tell them it is you, it is every soldier, it is an Army of one team.

Mission first ... people always .. one team. bayonet!

Major Gen. Edward Soriano
*Commanding General
7th Infantry Division and Fort Carson*

Fort Carson holds Armed Forces Day run

**Armed Forces Day 10-K Run
May 19
Beginning at 8 a.m.
Children’s Half Mile Run begins at 9:15 a.m.
Post Physical Fitness Center
Pre-registration: \$15 w/shirt; \$10 w/o shirt
Pre-register at the Post Physical Fitness Center or the Runner’s Roost
Registration on Sat.: 6-8:30 a.m. \$20
Families of 3 or more runners \$35
No fee for children’s run**

Secretary of Defense sends Armed Forces Day message

Each year America sets aside a day to commemorate the devotion of our men and women in uniform — the certain foundation of the liberties and peace that we have enjoyed throughout the history of our nation. Yours is a calling distinct and unique, for you voluntarily put your lives at risk defending the freedoms we hold dear. Indeed, in peacetime or in war, as you work to keep us safe, you assume risks many will never know. And wherever it is you

serve — in any sky, on any ocean, on any shore — your dedication to our nation’s ideal of “peace through strength” is a source of hope and inspiration for liberty — loving people around the globe.

In his inauguration address, President George W. Bush spoke about civility, courage, and character — qualities that make

this nation special — and he reminded Americans that the strength that mat-

ters most is not the strength of arms, but the strength of character expressed in service to something larger than ourselves.

This strength of character infuses you, our military men and women, and, as such, you are this nation’s ultimate

safeguard and blessing.

On this Armed Force Day, the American people join me in expressing our deep gratitude to you — patriots who embody the noble spirit of service and sacrifice as you preserve the blessings of our freedom every day. We thank you, and we are enormously proud of your faithful and selfless service.

Donald H. Rumsfeld
Secretary of Defense



LETTERS TO THE EDITOR

The *Mountaineer* invites readers to write letters to the editor in response to stories in the *Mountaineer* or events that affect the entire Mountain Post Team.

Guidelines are set to ensure fairness to everyone. All letters must be signed and include an address or unit designation and daytime telephone number for verification. No address or telephone number will be published and name will be withheld upon request. Anonymous letters will not

be considered.

Letters should be no longer than 200 words in length. The *Mountaineer* reserves the right to appropriately edit all letters. If a letter involves an on-post situation, the text of the letter will be forwarded to the appropriate person or directorate for comment. Obscene or pornographic language or materials will not be published.

Because of legal restrictions, both in federal regulations and AR360-81, under which the *Mountaineer* is pub-

lished, no letters concerning local or national political issues will be published. Publication of any letters will also conform to all appropriate Department of Defense and U.S. Army regulations.

Letters may be sent to: Letters to the Editor, The *Mountaineer*, 1550 Specker Ave., Fort Carson, CO 80913 or dropped off at the *Mountaineer* office, building 1550, Room 2180.

MOUNTAINEER

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Shel Calhoun

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(719) 526-4144 .

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News

Get Healthy ...

Fort Carson's Civilian Wellness Program kicks off this month

By Sandra Ensman
Health promotion nurse
Wellness Center

The best deal in town is the free Civilian Wellness Program for Department of Defense Civilian Employees sponsored through the Mountain Post Wellness Center. So what is the catch?

What is this great, free program? The Civilian Wellness Program is a structured six month session that includes an initial assessment and goal setting, education sessions, individualized fitness plan and individual training.

Civilians are provided with three hours a week of exercise time during the duty day, at no charge to leave, to participate in this program. To participate in this program, the civilians must first have their supervisor's

permission.

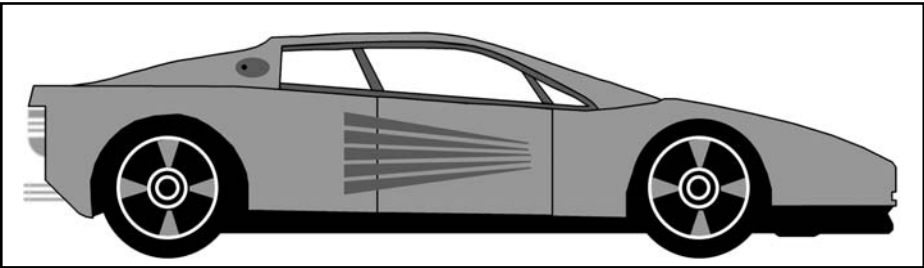
The program starts with an assessment questionnaire covering health topics like nutrition, safety and exercise habits. The testing portion covers strength, cholesterol, body composition and other things. This evaluation provides an assessment of health risks and provides a baseline of information to use in goal setting.

What do you need to have? You need all the paperwork done and brought to the Mountain Post Wellness Center. You need to furnish the desire, dedication and motivation to develop and maintain your health and fitness.

Are you up for the challenge? For more information call 526-3887 and begin to live well. To get your packet, stop by the Wellness Center, located in the Family Readiness building.



Road Closures on Post



The following road will be closed for repairs:

Specker Ave from Polio to Titus Blvd., June 5 to June 7 A detour will be required and the work is weather dependant.

The following road will be affected by construction but not closed:

Titus Blvd. from Brown Rd. to Specker Ave. The eastbound lane will be closed, May 30 to June 1. The construction is to install a traffic loop and will require a detour for eastbound traffic only.

Individuals need to take note of work as it could cause possible delays.

Credit Card

From Page 1

decreased the number of delinquent accounts on Fort Carson by one third.”

Parks explained that common sense and good spending habits are the key to cutting down the amount of delinquent accounts. She stressed that the card is to be used for official travel related expenses only, no exceptions.

“Even though someone is (on temporary duty) doesn’t mean they can go to the PX and buy a stereo with their travel card,” Parks said. “Everyone needs to understand that it’s for official expenses only.”

Pat Barnes, acting installation government travel card program manager, said that one way to help cut down the problem is to educate new soldiers to the ways of the travel card.

“Sometimes new soldiers get the travel card and think they can use it for whatever they want,” Barnes said. “When they first get the card, their chain of command needs to make them understand what the card is about and how and when they can use it. They need to know that if they’re not TDY, they can’t use it.”

Parks explained that the inception of the

travel card was originally designed to help frequent travelers with the expense incurred while traveling.

“The card is suppose to make (traveling) easier,” Parks said. “The traveler can charge valid expenses to a card that doesn’t charge interest on the purchase.”

She said that the card that is supposed to a convenience, can become a problem for someone who misuses it. The card will be deactivated if it is misused, making traveling expensive because the cost has to come out of the traveler’s pocket initially. If a card is delinquent for too long, the debt will go against the individual’s credit report. She also added that DFAS is about to institute a policy making it possible to

garnish wages to pay back the debt.

Parks added that DFAS has also come out with ways to help the individual make timely settlements with the travel card.

“The card holder can choose to make a split disbursement of their travel voucher,” Parks said. “The individual needs to call the Bank of America and find out what the exact balance is on their card. Then when the individual is filling out their travel voucher, they can write in how much they want to go to their card account.”

She explained that if someone doesn’t use the split disbursement option of repaying their debt, the entire amount of their voucher settlement can be sent to B of A and it could take upwards of 90 days to receive their money back.

She said that her office is trying very hard to settle as many accounts as possible before they go into the delinquent stage.

“When an account goes past 30 days delinquent, we will send a courtesy notice to the individual before contacting their chain of command,” Parks said.

The travel card was instituted to provide convenience to frequent travelers, it can, however, become a real headache when good sense isn’t practiced when using the card.



Community

Dogs, cats ‘show off’ during first Pet Fair

By Spc. Stacy Harris
Mountaineer staff

There wasn’t a cloud in the sky, yet the post experienced showers Saturday, because it was “raining cats and dogs” during Fort Carson’s first Pet Fair.

Soldiers and family members gathered at Area 3 of Ironhorse Park to show off their pets and to compete in contests ranging from longest ears, best of show, to best trick. The day started at 8 a.m. with registration, and cat competitions kicking off at 9 a.m. and dog competitions following at 10 a.m. After each competition, pets — or in some cases, the owners — received ribbons for 1st, 2nd or 3rd places.



Photo by Spc. Stacy Harris
“Izzy,” a Saint Bernard, demonstrates her best trick, during a competition.

“We had a great turn out for the pet fair,” said Capt. Jennifer

Chapman, officer in charge of the Fort Carson Veterinary Treatment Facility. “We had a lot of fun contests, and everybody went home with a prize or ribbon.”

Throughout the day there was free food, face painting, coloring contests, giveaways, and of course plenty of water to keep the pets hydrated. There were also pony rides for the children, and afterwards, a Military Working Dog demonstration and an appearance by the Air Force Academy Falcons.

This is the first time the pet fair has been held, Chapman said. Because of the success, this event will now be held on Fort Carson annually.

“We plan to do this again next year,” she said, “and hope it gets bigger and bigger.”



Photo by Spc. Stacy Harris
Lexi Pflieger holds on tight as Spc. Steven Crary, veterinary technician, guides the pony around Ironhorse Park.



Photo by Spc. Stacy Harris
Pet owners parade their dogs in a circle during the “Best of Show” contest.



Photo by Spc. Stacy Harris
Specialist Eli M. Harris, Air Defense Artillery Battery, 3rd Armored Cavalry Regiment, makes sure his dog “Chubbs” is hydrated during the pet fair.

Vehicle registration sites

The Fort Carson Provost Marshal Office, Vehicle Registration Section, will continue to bring registration services to the Mountain Post military community.

An additional registration locations will be at Evans Army Community Hospital.

Other alternate locations are set up in the lobby of the Fort Carson Post Exchange, the entrance of the commissary and adjacent to the pharmacy located within the hospital on the following days and times:

Monday— Evans Army Hospital 10 a.m. to 2 p.m.

Tuesdays- PX 10 a.m. to 2 p.m.

Wednesdays—Evans Army Hospital 10 a.m. to 2 p.m.

Thursdays—Commissary 10 a.m. to 2 p.m.

Saturdays— PX 10 a.m. to 2 p.m.

In order to register your vehicle you must show: valid identification card, valid state operator's permit, proof of insurance, Colorado emission sticker, valid Vehicle registrations, and proof of motorcycle safety course completion, if applicable.

The Main Vehicle Registration Office, located in the Welcome Center, will continue normal operating hours except Thursdays.

Thursdays will be for In and Out processing only from 1 p.m. to 3 p.m.

No other vehicle registration will be conducted on Thursdays

Asian Pacific Heritage Month ...

Held May 10 at the Post Physical Fitness Center, this year's theme was "Emerging Together."

The event featured cultural music and food sampling. The event also featured performances of Korean, Hawaiian, Guamanian, Filipino and Samoan dances.



Photo by Sgt. 1st Class James A. Yokum

Volunteers: dedicated to make a difference in our community

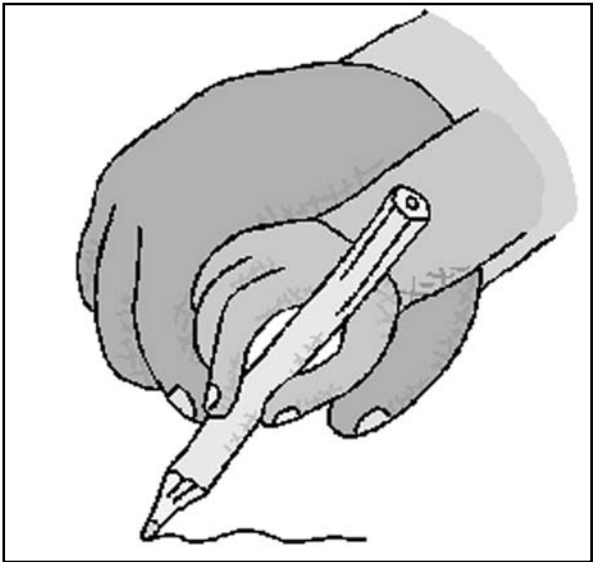
Fort Carson is blessed with many outstanding volunteers who serve in various organizations - all focused on making Fort Carson a better place for those who work and live here. This month, weekly articles have featured the various organizations that serve our community. Also listed are names of the volunteers of each of the organizations who registered with the installation during 2000. This article features the dedication of volunteers of the Officers' Wives Club Charitable Organization, the Thrift Shop, the Iron Horse Sertoma club, Harmony in Motion, the Sergeant Audie Murphy Club, the Directorate of Community Activities and the Staff Judge Advocate Office. These organizations and their volunteers, as do all of our volunteers, strive to share their knowledge, skills, and love of the community and the Army to find innovative ways to improve the quality of life for everyone

at Fort Carson. The volunteers of these organizations give countless hours every year to projects such as: SHARE Colorado (OWC) and St. Nick's Tea (Iron Horse Sertoma and OWC). Volunteers from these organizations are also serving the community daily to brighten our lives through music, assist soldiers and families in need of emergency food support and provide assistance and information to those who need our legal and moral support services. Volunteers of the Thrift Shop dedicate their time and skills to providing an opportunity for soldiers and family members to stretch their dollars and obtain quality merchandise. A smile and a thank you is all volunteers need to make their efforts worthwhile.

Fort Carson will honor the volunteers of these organizations and other installation volunteer agencies at a community picnic at Ironhorse Park, June2, from noon to 3 p.m. Please join

the Fort Carson Morale Support Program and the community for food, entertainment, and fun for children and adults. Child and Youth Services will provide supervised children games and activities. Installation awards for outstanding volunteers will be presented by Maj. Gen. Edward Soriano, commanding general, 7th Infantry Division and Fort Carson. We hope to see you at Ironhorse Park (inclement weather - the Post Physical Fitness Center.) for this outstanding event to recognize Fort Carson volunteers.

There are opportunities for everyone to volunteer at Fort Carson. Join the Mountain Post Volunteer Team and make a difference in your life and the lives of others. Call the Installation



Volunteer Coordinator, 526-4590 for more information about volunteer opportunities.

From the Installation Volunteer Coordinator.

See Volunteer, Page 8

Volunteer

From Page 7

OFFICERS’ WIVES’ CLUB
VOLUNTEERS

Belkofer, Margo
Boroch, Hope
Boroch, Jerry
Boroch, Peter
Brown, Cindy
Chambers, Alma
Darden, Kelly
DiSalvo, Leigh
Dutton, Emily
Gauthier, Pat
Harper, Karen
Knowlton, Corey
Labranche, Donna
Langford, Marie
Lawless, Nan
Lindner, Christina
Logan, Michelle
McAllister, Ellen
Mills, Charlotte
O’Brien, Debbie
O’Donovan, Denise
Pires, Chris
Price, Tina
Reyes, Melissa
Robbins, Heidi
Roth, Keri
Salazar, Kim
Sibley, Maureen
Stanfield, Bobbi
Trombitas, Kellie
Wake, Jennifer

Zimmerman, Cammy

SHARE COLORADO

Hewitt, Monica
Hewitt, Toby
Trombitas, Kellie

THRIFT SHOP
VOLUNTEERS

Ario, Chris
Bond, Gisela
Bones, Irene
Bronson, Kay
Carlton, Mary
Emiga, Amelia
Guerrero, Carmen
Hall, Sherry
Hartman, Hilde
Helmick, Diane
Herber, Hilda
Holsather, Beth
Housam, Frieda
Johnson, Rosi
Kenney, Melissa
Lawless, Nan
Littleton, Nikki
Luken, Joyce
Mills, Charlotte
Nowak, Lillian
Ormson, Patty
Pietrosanti, Pat
Pires, Chris
Richards, Nancy
Schaefer, Sharon
Van Bergen, Andrea
Wardell, Tracy

Weinberger, Linnie
Winget, Helga

IRONHORSE SERTOMA
VOLUNTEERS

Brown, Kelli
Callicutt, Anna Marie
Clark, Charles
Clark, Ruth
Gondolfo, Tom
Huber, Betty
Huber, Jason
Katz, Christina
Katz, Robert
MacFadden, Harry
Rico, Art
Rico, Dorothy
Tilley, Ben
Tilley, Mary Elizabeth
Wegner, Edmund
Zolzer, Velma

HARMONY IN MOTION
VOLUNTEERS

Barker, Spc. Timothy
Berry, Pfc.
Carson, Sgt. 1st Class Stephen
Duncan, Pfc. Sandi
Fragoso, Sgt. Kristen
Hargrove, Pfc.
Herbert, Spc. Vintacha
Johnson, Pfc.
Johnson, Spc. Monette
Jones, Pfc. Wayne
Lovecamp, Pfc.
O’Neill, Staff Sgt. Charline

Patterson, Pfc. Heidi
Rivera, Staff Sgt. Marina
Short, Spc. Todd
Smith, Spc. Jeff
Tongol, Sgt. Sharon
Warren, Spc. Andre
Williams, Staff Sgt. Marquis
Winkler, Pfc. Felicia

SERGEANT AUDIE
MURPHY CLUB

Briggs, Staff Sgt., Shanald
O’Keeffe, Staff Sgt., John
Reagan, Staff Sgt., Gary
Hale, Sgt. 1st Class, John
Payne, Sgt. 1st Class, Michael
Smith, Sgt. 1st Class, Duane
Hunt, Staff Sgt., Charles
Phinney, Sgt. 1st Class, Maurice
Tongol, Sgt. 1st Class, Frederick
Love, Sgt. 1st Class, Cunny

DCA VOLUNTEERS

Aaron, Patricia
Reed, Martha

STAFF JUDGE
ADVOCATE
VOLUNTEERS

Carson, Michael
King, Cathy

ACAP VOLUNTEERS

McNiece, Joanie

Chapel

Youth of the Chapel — Activities for Protestant and Catholic middle school and high school youths take place Sunday, 1:30 p.m. at Soldiers’ Memorial Chapel. Protestant high school activities include Bible studies; Sunday, 9:30 a.m. and Tuesday, 6 p.m. at Soldiers’ Memorial Chapel. Catholic youth classes meet at 10:45 a.m. Sundays, at Soldiers’ Memorial Chapel.

Grief Recovery Support Group — GriefShare, a grief recovery support group, meets Thursdays 6 to 8 p.m. at the Family Readiness Center. GriefShare is a weekly seminar/support group for people who are grieving from the death of someone close to them. For information or registration call Sabine Maresco at 526-6917.

Vacation Bible School 2001 is a polar expedition — Staff positions for youth and adults as cool crew leaders are now available. Be with children, have fun, little daily preparation, learn great music and learn Jesus’ love is cool. To volunteer or ask questions, call Dennis Scheck at 526-5625.

Get ready for a polar bear worth of fun — summer vacation bible school Polar Expedition. July 9 to 13 at Soldiers’ Memorial Chapel. All children age 4 through sixth grade are invited to attend. Watch for registration announcements; space is limited.

Protestant Women of the Chapel — Bible studies for you. Summer studies will start June 19. Two video series will be offered: “A Heart Like His” by Beth Moore and “Marriage Videos” from Gary Smalley. For information contact Patti Harris at 391-2905 or Pat Stone at 576-9242.

Chapel Schedule

ROMAN CATHOLIC					
Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-5769
Tues-Thurs.	noon	Mass	Soldiers’	Nelson & Martinez	Chap. Stahl/526-5769
Saturday	5 p.m.	Mass	Soldiers’	Nelson & Martinez	Chap. Stahlc/526-5769
Sunday	8 a.m.	Mass	Veterans’	Magrath & Titus	Chap. Stahl/526-5769
Sunday	9:30 a.m.	Mass	Soldiers’	Nelson & Martinez	Chap. Stahl/526-5769
Sunday	10:45 a.m.	CCD	Soldiers’	Nelson & Martinez	Ms. Feldman/526-0478
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7386
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Stahl/526-5769
EASTERN ORTHODOX					
Sunday	8 a.m.	Divine Liturgy	Soldiers’	Nelson & Martinez	Chap. Olson/526-5772
CONTEMPORARY CHRISTIAN					
Thursday	7 p.m.	The “ROCK” Service	Spiritual Fitness Center	Barkeley & Ellis	Chap. Thornton/526-1374
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Simmons/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Drake/526-4206
Sunday	9:30 a.m.	Protestant	Veterans’	Magrath & Titus	Chap. Atkins/524-1822
Sunday	11 a.m.	Protestant	Soldiers’	Nelson & Martinez	Chap. Kincaid/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	9:30 a.m.	Sun. School	Soldiers’	Nelson & Martinez	Dr. Scheck/526-5626
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	6:30 p.m.	PYOC	Soldiers’	Nelson & Martinez	Ms. Scheck/524-1166
LITURGICAL PROTESTANT					
Sunday	10:45 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Bauer/526-5279
JEWISH					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
WICCA					
2nd and 4th Tuesday	6:30 p.m.		Spiritual Fitness Center	Barkeley & Ellis	Ms. Costantino-Mead/ (303) 428-7703
For additional information, contact the Installation Chaplain’s Office, building 1550, at 526-5209. Normally, free child care is available during on-post worship services.					

Daily Bible Readings: In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Friday — Psalms 137 & John 9-10
Saturday — Psalms 138 & John 11-12
Sunday — Psalms 139 & John 13-14
Monday — Psalms 140 & John 15-16
Tuesday — Psalms 141 & John 17-18
Wednesday — Psalms 142 & John 19
Thursday — Psalms 143 & John 20-21

THE ARMY CYCLE OF PRAYER The Army Cycle Of Prayer—Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer. You are invited to join with the chaplain community and pray for these individuals and organizations. Please pray this week for the following: **Unit:** For the soldiers, families and leaders of the United States Army Recruiting Command, headquartered at Fort Knox, Ky. but stationed all over America. **Army:** For all Army recruiters, that they might diligently and successfully “tell the Army story” to our nation’s sons and daughters, and inspire them to serve. **State:** For all soldiers and families from the state of West Virginia. Pray also for Governor Bob Wise, the state legislators and municipal officials of the mountain state. **Nation:** For the dedicated employees of the Central Intelligence Agency, that through their vigilance, freedom’s foes might never rest. **Religious:** Pray for all clergy and congregations of the United Methodist Church, and for all chaplains endorsed to serve the Army from that community of faith. For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle’s Web site at www.usarmychaplain.com.

Chaplain’s Corner

Happiness is seeing things from a different perspective

Chap. (Lt. Col.) Richard B. Garrison
7th Infantry Division Chaplain

You’ve probably experienced it. You face a challenge, a task, a project, a venture—and it looks impossible. You become discouraged almost before beginning. I remember this experience just before I began my seminary course of study — literally the day before. I looked at the minimum three-year commitment to a tough course and began to second-guess the process, the difficulty and even the outcome, almost as if to discourage myself from starting in the first place. After hours of frustration, I had to back up, regroup, and look again at why I was pursuing this in the first place. It helped to look at the bigger picture and see the problems from a different perspective, and to remember that I believed that God had led me this way.

Wisdom is knowing you can’t do it alone. It helps to see things from a bigger picture. It helps when you can see things from God’s perspective. I recall a prayer I saw printed and taped to a counter above a person’s desk. It read, “Lord, I’m doing pretty good so far today. I haven’t lost my temper, I haven’t yelled at the kids, I haven’t become angry with my neighbors, and I haven’t even had awful thoughts

towards my boss! But, Lord, I’m going to get out of bed soon, and I’ll need your help today!”

Life requires us, at times, to see things differently. Sometimes that happens through other people’s experience. I received an e-mail recently titled, “Life’s Wisdom” that included lessons from various individuals followed by their age. It included these: “I’ve learned that you can’t hide a piece of broccoli in a glass of milk (age 7). I’ve learned that just when I get my room the way I like it, Mom makes me clean it up (age 13). I’ve learned that wherever I go, the world’s worst drivers have followed me there (age 29). I’ve learned that making a living is not the same thing as making a life (age 48). I’ve learned that life sometimes gives you a second chance (age 57). I’ve learned that whenever I decide something with kindness, I usually make the right decision (age 66). I’ve learned that even when I have pains, I don’t have to be one (age 82). I’ve learned that I still have a lot to learn (age 92).”

When we try to see things from God’s perspective, we see things in a different light. When we begin to trust him, and follow his advice, his direction begins to make sense. Several years ago, a blazing fire roared through the forests of Yellowstone

National Park. Through the close up view of the television cameras, we watched as the fire appeared to conquer nature, reducing the beautiful landscape to a pile of charred rubble. Amid the destruction stood tall, barren pine trees, apparently lifeless and ruined. But if we could have had a different perspective, we might have seen a different picture. Left on the trees were charred pinecones, tightly closed from the intense heat. Then as the weeks passed, the cool air caused the cones to spring open, releasing tiny seeds, and through these seeds, the forest would come back to life.

The fires in our lives often appear to destroy, yet our perspective is always limited. If we take our signals from our own wisdom or from what the world has to offer, joy may be fleeting or elusive. What God’s perspective does in our life is allow us to trust his work so that as we face difficulties and make decisions about everything from raising our children, to managing a career, to facing cancer, or retirement, we recognize that God who is much greater than us is in control. Romans 8:28 reminds us “all things work together for good for those who love God are called to his purposes.”

A closer look at TRICARE eye and vision benefits

Do you have questions about the TRICARE eye and vision care benefits available to you? Following are important facts about the benefits to which you may be entitled:

Standard, Extra and Prime active duty family members are eligible for annual exams. Please refer to the chart for detailed information.

All Prime enrollees are eligible for the enhanced wellness benefit, which includes an eye examination every two years. This does not require a copayment. In order for an eye examination to be covered, it must be performed by a TRICARE-contracted (network) optometrist or ophthalmologist. A referral is not required when seeking care within the network.

In addition to the exams available to other beneficiaries, children under 5 have their eye health evaluated by their health care practitioners. Periodic eye and vision screenings between birth and age 5 are performed by the child’s health care practitioner as part of an overall physical examination. (The newborn screening is covered by the mother’s maternity benefit.) Two covered eye examinations for children between ages 3 and 6 target two eye disorders that frequently appear in childhood, amblyopia and strabismus

(“lazy eye” is a common term for this). These services are not separately billed but are an important part of a child’s visit to his or her health care practitioner. All TRICARE-eligible beneficiaries are covered for medically necessary eye examinations provided in connection with the medical/surgical treatment of a TRICARE-covered illness or injury, as well as screens for any pathology, including refractive error.

If you are using Standard or Extra, you are responsible for the appropriate cost share and deductible for these services. If you are using TRICARE Prime, medically necessary eye examinations require a referral. Please note: A TRICARE beneficiary of any age with diabetes is encouraged to have an eye exam annually.

Prescription eyeglasses or contact lenses are not a covered TRICARE

benefit, except under very limited circumstances, such as corneal lens removal.

If you need additional information about your TRICARE eye and vision benefits, visit the local TRICARE Service Center (TSC), or call toll free, (888)-TRIWEST (874-9378).

***Editor’s note:** This information is provided by TriWest Healthcare Alliance.*

To help you understand who is eligible for a covered eye examination, and when, refer to the appropriate charts.

TRICARE Standard & Extra Eye Benefits:
Active Duty Family Members: TRICARE Standard and TRICARE Extra for all ages for one annual exam, applicable cost share and deductible.

Retirees and Family Members: TRICARE Standard and TRICARE Extra both have no TRICARE covered eye benefits

TRICARE Prime Eye Benefit:
Active Duty Family Members: ages 3-64 can have coverage annually at no cost.

Retirees and Family Members: ages 3-64 can have coverage every two years at no cost.

TRICARE Prime enrollees receive the enhanced wellness benefit at no additional cost. Designed to promote preventive care and the early detection of disease, the benefit includes comprehensive clinical examinations and targeted screening examinations every two years.

Well-Child Benefit for TRICARE Prime, Standard and Extra:
Active duty family members and retiree family members, from birth to age 6, can receive this coverage once at birth and 6 months, and two between the ages of 3 and 6.
For Prime coverage, this has no additional copayment, but for Extra/Standard there is an applicable cost share and deductible.

Military

Infiltration shutdown: ACR soldiers defend their perimeter

Staff Sgt. Gary L. Qualls Jr.
3rd Armored Cavalry Regiment
Public Affairs Office
NATIONAL TRAINING

CENTER, Calif.- The private lies prone, scanning his sector. A cold wind cuts through him like a frozen knife. Nothing has happened for hours. He wonders if his relief will show up on time. The moments pass by like a slow drip filling a large cup. “Is this hell,” he wonders. Then, all hell breaks loose.

This was the situation for the troopers of Regimental Headquarters, Headquarters Troop, 3rd Armored Cavalry Regiment when their perimeter was attacked May 2.

“It was 13 hours of quiet, then eight minutes of pure adrenaline,” said Sgt. Charles Cooper, criminal law specialist, Office of the Staff Judge Advocate, 7th Infantry Division. The silence of morning was broken when Cooper saw a “BRDM” barreling down the pass from his observation post.

“He was flying,” Cooper said. A few minutes later three “BMPs” and another BRDM came down the pass headed toward the RHHT perimeter.

The prize they sought was the Regimental Tactical Operations Center, the principal command and control center for the entire regiment. Cooper quickly radioed the troop and then fired at the vehicles. The troop was surrounded by concertina wire, guards manned posts on all sides of the perimeter and, after Cooper’s warning, an alert was sounded and soldiers throughout the troop stood ready to defend the RTOC.

The enemy vehicles continued toward the RHHT perimeter for several

hundred yards and then momentarily stopped. They continued on slowly, as if they were unsure of themselves. The commander, Capt. Kendric Robbins, did not have communication with his biggest asset, the troop’s Bradley Fighting Vehicle, as the enemy vehicles approached the perimeter, because the BFV commander and operator didn’t have their headsets on. He sent a messenger to order them to get on the radio, which they did. Then, the enemy vehicles came upon the perimeter and the Bradley, operated by Sgt. George Sontheimer, under the commander’s direction, gave them an unpleasant welcome. The BFV fired and hit the first BMP that arrived. A soldier with a viper then connected with the second one. Sontheimer scored a direct hit again on the third BMP and a slew of soldiers joined in with their M16s, drowning the BRDM in a rain of gunfire. Four 113s from the 89th Chemical Company also joined forces with RHHT in defending the RTOC, dealing some heavy damage.

The hit scored by the viper operator, Spc. Cory Handegard, took some fancy executing. Handegard hadn’t been trained on how to operate the viper so Spc. Ted Bradley, a regimental cavalry scout, coached him from a distance.

Bradley couldn’t get all the way over to Handegard because of the heavy fire coming toward the RHHT element so he talked Handegard through the process. Following Bradley’s instructions, Handegard was able to hit the second BMP and put it out of commission.

Troopers agreed defending the RTOC was a team effort.

“Everybody hit the perimeter like a rock,” said Bradley.

When all the dust had settled from the opposition force’s attempt to overtake the regimental TOC, RHHT had destroyed an element half a company in size.

“It’s not often that you see a unit take out such a large-sized element,” Robbins said, adding that the defeat was a major embarrassment to the opposition force, Fort Irwin’s own 11th Armored Cavalry Regiment.

“I was happy we smashed the enemy with extreme vengeance,” Bradley said.

“I was thrilled that I got the first shot off at them,” Cooper said, explaining the feeling that he had before the encounter was “like the first day of deer hunting season.”

“And you can’t get much bigger game than a BMP,” he said.

Robbins reported to his troops that command channels revealed the soldiers who tried to overtake the RTOC reported to their commander that they killed 3rd ACR’s commander and overtook the RTOC.

The colonel then researched the matter and informed his troops that they reached neither objective, but rather were soundly defeated by the Brave Rifles of 3rd ACR.

Cooper and Bradley agreed the



Photo by Staff Sgt. Gary L. Qualls Jr.
Sgt. Charles Cooper, Criminal Law Section, Office of the Staff Judge Advocate, 7th Infantry Division, watches his sector on the Mojave Desert the way he did when the opposition force tried to overtake the Regimental Tactical Operation Center.

encounter with 11th ACR seemed altogether real and was good preparation for a time when they might find themselves in a real combat situation.

The entire NTC rotation has been “an eye-opening experience,” Cooper said.

“The high intensity pace forced training on me that I can’t get on a day-to-day basis back at garrison,” he said.

Unit becomes mechanized infantry combat multiplier

**Capt. Jack Senneff
Battalion Motor Officer
1st Battalion, 12th Infantry**

Mechanized infantry soldiers must continually work to manage and balance training with the demands of maintenance.

Leaders must determine how to minimize time maintaining the fleet and maximize time training on Mission Essential Task List. Ensuring that maintenance is done right the first time, by enforcing high, realistic standards, helps to achieve this balance.

The 1st Battalion 12th Infantry (M) (Warriors) is conducting a Mechanic Certification Program to accomplish this goal. This program trains leaders and operators on what the unit standards are and how to effectively and efficiently achieve them. The knowledge gained through this program will lead to a better maintenance program, headed by

empowered leaders and executed by competent mechanics, that more effectively supports training.

The Mechanic Certification Program will assist the battalion in accomplishing each of the following tasks and goals: a) To train mechanics at all levels. b) To conduct training on all vehicles of the unit’s fleet. c) To reduce the number of mechanic-induced faults. d) To include hands-on training and testing. At the end of the program, the battalion’s mechanics will be more knowledgeable in their military occupational specialty related skills and tasks and will be able to perform more efficiently as a result.

The Warrior Mechanic Certification Program is a three-week course. Although time consuming, it is critical to the accomplishment of the unit’s maintenance mission.

The instructors are careful to present only material which is in accordance with relative publications

and manuals; the course also provides them with an opportunity to share their experience and personal knowledge with the students.

The first week of the course is dedicated to instruction on the Bradley Fighting Vehicle, including classes on calibration, electronics and hydraulics.

The second week includes training on the M113A3, Humvee, and the Modern Record Keeping System.

The third week covers Battlefield Damage Assessment and Repair, training on the M88A1 and the M923 Series five-Ton Truck and Nuclear, Biological and chemical operations. The leader’s role in maintenance and safety in the shop are both stressed throughout the course.

Students spend much of their course time conducting hands-on training and are quizzed on previously covered subjects throughout the course. Finally, students must pass an end-of-course test before earning their

certification as a Warrior Mechanic.

In today’s dynamic Army, leaders and soldiers must accomplish many different tasks simultaneously. Based on the fast-paced nature of most units, this could lead to shortcuts in maintenance procedures.

Over time, these shortcuts would become accepted, with new soldiers in the unit learning shortcuts at the beginning of their careers.

A periodic certification program prevents this problem by ensuring all soldiers in the unit understand the standard and by reinforcing the commander’s emphasis on his maintenance program.

By making a strong maintenance program stronger, the Warrior Battalion Mechanic Certification will help the battalion achieve and maintain a healthy balance between training and maintenance, strengthening the unit’s combat power and sustaining its readiness.

Army gets new Web site for birthday based on feedback from viewers

WASHINGTON — The Army will post a new web site at www.army.mil when it celebrates its 226th birthday, June 14, said Maj. Chris Conway of the Army Chief of Staff’s Office.

“The revised Army Homepage will be a birthday gift for the more than one million visitors who view the current web site each month,” Conway said.

“Many of our changes to the site are based on feedback from viewers.”

The new Army Homepage will include navigation features that will speed viewers to needed information and an enhanced graphics capability that will

captivate users with animation, Conway said. The site will also be in compliance with the Americans with Disabilities Act and will possess a feedback function so users can continue to have an impact on the design of the Army Web site.

This new Army Web site, like earlier versions, will continue to provide a variety of services, Conway said, to include: keeping members of the Army community around the world informed of the latest news, benefits and opportunities; inspiring young people to join and to continue their service in the Army; and informing and educating the American

public on the role and importance of the Army and the Army’s continued service to the nation.

“The Army of the new millennium deserves to have a new official web site,” Conway said.

Other Army web sites include Army Knowledge Online, at www.us.army.mil, and an Army Recruiting site at www.goarmy.com. Army Knowledge Online is an intranet site available to all Army (Active duty, National Guard and Reserve, Department of the Army civilians and retirees), which features the latest Army news, knowledge centers, a lifetime e-mail account, a powerful search engine and a chat room.

Mountain Lifeline

Ecstasy: know the facts and how this drug kills

by Dr. Don Daeke
Fort Carson Emergency Medical Service

Ecstasy is a relatively new drug of abuse that has become popular for uses with “Raves”, or all-night dance parties and laser light displays. The scientific name is 3,4 methylenedioxymethamphetamine (MDMA), and it is a type of amphetamine. It was first synthesized in Germany in 1914, for use as an appetite suppressant. It became a popular street drug in the United States in the 1980s. Its effects begin 30 to 60 minutes after ingestion, and at first cause enhancement of sensory perception, increased empathy and insight, mood alteration, euphoria, increased energy, increased self-esteem and altered visual perception. These effects are transient, as the drug is absorbed. Ecstasy then begins to drive its subjects to markedly increased muscular and sensory activity. This is where the trouble begins.

This drug causes increased sympathetic nervous system activity. The sympathetic nervous system is a built in automatic branch of the nervous system that regulates sweating, heart rate and rhythm, blood pressure and general

metabolic activity. It works through specialized chemicals that are released and diffuse from one nerve cell to another. These include serotonin, dopamine, and norepinephrine (adrenaline). Ecstasy causes an uncontrolled release of these chemicals that floods the other nerve cells in the area, and drives them to uncontrolled activity. By forcing this system into overdrive, several deadly consequences occur. The body’s temperature rises, and profuse sweating and salivation develop. The affected person rapidly dehydrates. The muscles go into an increased state of contraction, and muscle spasms and jaw clenching develops. Confusion, delirium, paranoia, panic attacks, headaches, and an inability to retain one’s balance develops. This can progress to frank psychosis, seizures, continuous seizures and coma. Meanwhile the body’s temperature continues to rise uncontrolled, and this, together with the constant hyperactivity of the muscles, leads to muscle cell breakdown. The kidneys become flooded with the products of the destroyed muscle cells, called myoglobin, and this plugs their filtration system, leading to kidney shutdown. The excessive-

ly high body temperature can also damage the liver and lungs. The blood pressure and pulse rate progressively increase and cardiac arrest can ensue. Overall, the consequences of ecstasy are very much like those of heat stroke. Some users have resorted to a technique called “stacking”, or taking three or more tablets at the same time. This only leads to collapse of bodily function even faster. Most deaths result from cardiac rhythm problems, sustained seizures or intercranial bleeding from ruptured blood vessels.

Ecstasy is addictive, by increasing the amount of extracellular dopamine in certain parts of the brain, which mediates the reward properties of drugs of abuse. Recent PET scan studies in humans have also shown that ecstasy causes damage to both serotonin and dopamine receptors in the brain. This results in delayed panic attacks, anxiety, depression, psychosis, learning disabilities and memory loss. Essentially, what results is a paranoid psychosis that resembles schizophrenia.

A related drug of abuse is “Liquid Ecstasy.” This drug is GHB, or gammahydroxybutyrate. It was developed in the 1960s for use as an anes-

thetic, but was abandoned when it appeared to cause seizures. It has been used to treat narcotic and alcohol addiction in some countries, and was promoted for a time as a body builder enhancement drug. It has been prohibited by the Food and Drug Administration since January 1999.

GHB causes neurologic toxicity. It can produce aggressive behavior, confusion, incontinence, inability to retain balance and seizures. It also causes cardiovascular toxicity, with rhythm disturbances and respiratory depression to the point of cessation of breathing. Nausea and vomiting develop. A chronic psychosis and withdrawal syndromes can develop with chronic use.

Both of these drugs cause problems that are best lived without.

Editor’s Note: This article is part of a weekly health column provide by the staff of the Emergency Medical Department of Evans Army Community Hospital. Topics will consist of useful information on frequently encountered health issues. If you would like a topic discussed in this column, e-mail the Mountaineer at Mountaineereditor@carson.army.mil.

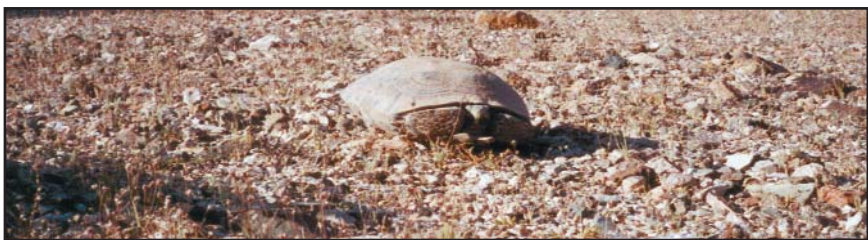


Photo by Maj. Shelly Stellwagen

Civic leaders saw endangered species on their trip

Civic Leaders

Local leaders get 'taste' of Army life in the field

by Spc. Stacy Harris
Mountaineer staff

Local community leaders got a chance to see what the military does — up close and personal— during the Civic Leaders Tour May 7 through 9 at the National Training Center, Fort Irwin, Calif.

"It is important for our community leaders to see what our soldiers do and gain appreciation of how they train for combat," said Maj. Gen. Edward Soriano, commanding general of the 7th Infantry Division and Fort Carson.

Fort Irwin, located 37 miles northeast of Barstow, Calif., is home of the Army National Training Center. NTC provides soldiers with a unique training environment, allowing both the unit and those assigned to sharpen their military skills for real-world situations. There are 10 different rotations each year, all of which last about 28 days and bring in about 5,000 soldiers from different posts to train. During the current rota-

tion, members of Fort Carson's 3rd Armored Cavalry Regiment will soon be redeploying to Fort Carson. The post also has about 4,900 active duty soldiers assigned and about 4,400 civilian employees.

The group of nine civilians, which ranged from the mayor of Colorado Springs to the District 8, Fountain-Fort Carson School District superintendent, departed May 7 from a local airport.

The next morning began with a breakfast with soldiers in the 11th Armored Cavalry Regiment dining facility. Next the group received a command briefing from Brig. Gen. J.D. Thurman, commanding general of the National Training Center and Fort Irwin, followed by a tour of the "Star Wars" building.

"The leaders saw state of the art technology used to track movements of every piece of equipment and radio transmissions during the battle," said Maj. Shelly Stellwagen, Fort Carson public affairs officer. "This information is monitored and recorded for use in after

action reviews to improve future performance."

After lunch, the group saw a demonstration of the Multiple Integrate Laser Engagement System and an orientation of the Opposing Forces. They also received the opportunity to witness a re-enlistment ceremony.

Afterwards, participants jumped on "Humvees" for a drive to the 3rd ACR Regimental Tactical Operations Center where they talked with and had dinner with ACR soldiers. During that time, the civic leaders learned the proper way to prepare and eat meals-to-eat.

The civic leaders got a three-day crash course on how the military works when deployed to NTC for training, but the highlight of the event was the Live Fire Exercise, Stellwagen said.

"Without a doubt, the high point of the trip was overwatching the live fire exercise from Miller's Hill on Wednesday morning," she said. "By maintaining an Observer Controller net, the civic leaders got a real-time commentary on the battle unfolding before them. I think they got a sense of the complexity of modern warfare."

The civic leaders commented on how important the trip was and how it made them realize what the military does for them and other taxpayers.

"It is a good use of taxpayers dollars in an effort to train your Army and what they are doing out here."



Photo by Maj. Shelly Stellwagen

Major Gen. Edward Soriano, right, commanding general, 7th Infantry Division and Fort Carson, orients Mary Lou Makepeace, Colorado Springs mayor, to action on the battlefield.



Tour participants visited the Painted Rocks, a natural rock formation with colorful patterns.



Photo by Maj. Shelly Stellwagen

Dr. Dale Gasser, Fountain-Fort Carson School District superintendent, engages a Viper during a demonstration.

Greenback

Know proper procedures for POV pick-up and shipment when going OCOUNS

Cpl. Shelly Peterson
Noncommissioned officer in charge,
Travel Section,
Detachment A, 4th Financial Battalion

For soldiers reporting to an overseas duty station or soldiers in processing at Fort Carson from an overseas duty assignment, there are certain guidelines to follow in order for the government to reimburse the soldier's costs to and from the (Vehicle Processing Center).

When desiring to pick up your privately owned vehicle once arriving at Fort Carson, the following measures need to be taken.

Bring a copy of your permanent change of station orders and your 788 (Vehicle shipment Document) to Scheduled airline travel office/Carlson Wagonlit, where they will issue a ticket at no cost to the soldier. This ticket will get you to the airport closest to the VPC where your vehicle is. You can select the date you wish to fly.

Once you have received your vehicle and returned to Fort Carson, you will need to fill out an 1351-2 (Travel Voucher) in order to be paid for

mileage. Along with a completed 1351-2, you will also need to bring in two copies of your 788 along with two copies of your PCS orders assigning you at Fort Carson.

Once you have turned in all required documents, your POV pickup payment will be processed within 10 working days.

When shipping your POV to a duty assignment overseas, the following measures need to be taken:

Once you have received your PCS orders and you know the date you desire to ship your POV, you need to bring a copy of your PCS orders to SATO/Carlson Wagonlit where they will issue you a government ticket for your return trip after POV drop off. Once you have returned to Fort Carson after shipping your POV, you will then need to fill out a 1351-2 (Travel Voucher) in order to be paid for your mileage. Along with a completed 1351-2 you will also need to bring in two copies of your 788 along with two copies of your PCS orders assigning you to your overseas duty location.

Once you have completed the travel voucher and turned in all required documents your POV shipment

payment will be processed within 10 working days.

The payment for POV Pick Up does not work like a normal PCS or temporary duty travel claim.

If the soldier uses his own means of transportation to arrive at the VPC he will only be reimbursed round trip mileage at .34 cents a mile. Only one vehicle will be paid for i.e. if the service member drives to his VPC with another person and now is returning to Fort. Carson with two POVs he or she will not be paid for the return trip of the second vehicle.

If the service member buys a ticket and pays money out of pocket ,it will not be reimbursed for that airfare. The servicemember will only be paid .34cents a mile by POV.

If the soldier flies to the VPC on a government—issued ticket, he will be reimbursed only for his mileage back to Fort Carson

There is no payment by Finance for per diem or for any reimbursable claimed while picking up your POV. This includes taxis to get to the VPC along with lodging on the drive back to Fort. Carson.

Additional information can be found in the (Joint Federal Travel Regulation).

Show me the money

Credit Card theft: what to do if it happens to you



Yates

by Sgt. 1st Class
Ricky D. Yates
Command Financial
Noncommissioned
Officer training
coordinator

Have you ever stepped up to the counter to pay for your merchandise and realize that your credit card is missing? The first things you will do are freak out and try to remember where you could have left it. Next, when you realized you lost it or it was stolen, you need to call the bank that owns the card and inform them of your situation. Now you realize that you cannot call the bank because you always throw away your receipt that contains the 800 number for the credit card company. This is just as dangerous as losing the card because it shows your account number on the statement.

When you discover someone else may have access to your account, immediately file a police report. This proves to your credit card company you were diligent and will be helpful if there is an investigation. Notify the credit company as soon as possible of the loss or theft. Call the three national credit-reporting organizations immediately to place a fraud alert on your name and social security number. Under federal law, if your credit card is used without your authorization, you can be held liable for the actual amount, or up to \$50 per card. If the loss is reported before the card is used, federal law says the card issuer cannot hold you responsible for any unauthorized charges. If the card is used before it's reported stolen, the most you will owe for the unauthorized charges is \$50. This is also true if the card was used at an automated teller machine.

Being a victim of theft is a very traumatic experience; your privacy has been invaded and you need to take precautions in the future.

If you throw away your receipt after paying the bill; you just gave someone enough information to

ruin you financially. Prevent this from happening by purchasing yourself a paper shredder and shred anything that has personal information on it. You should always keep your receipts until you receive your next billing to ensure your account is being credited with your payment. Periodically take an inventory of the contents of your wallet; that way you can discover a missing item immediately.

It is a good idea to contact each of the three national reporting agencies at a minimum of once a year and obtain a copy of your credit report. Since you currently reside in Colorado you are entitled to a copy from each agency free of charge each year. Credit reporting agencies and their toll free number are:

Equifax	(800) 525-6285
Experian	(800) 301-7195
Trans Union	(800) 680-7289

For more information on how to protect yourself from liability in the event of credit card theft, contact your unit Command Financial Noncommissioned Officer.

Dining Schedule

Weekday Dining Facilities

A La Carte Facilities

43rd ASG Cheyenne Mountain Inn (building 1040)

Standard Facilities

3rd BCT Mountaineer Inn (building 1369)

3rd ACR Patton House (building 2161)

10th Special Forces Group (A) (building 7481)

Weekday Meal Hours

Mon., Tue., and Wed.		Thur.
Breakfast	7:30 to 9 a.m.	5:30 to 7 a.m.
Lunch	11:30 a.m. to 1 p.m.	noon to 1:30 p.m.
Dinner	5 to 6:30 p.m.	4 to 5:30 p.m.

Week of May 19 to May 25

Exceptions

- Butts Army Airfield Dining Facility is closed until May 28.
- Patton House Dining Facility will not serve dinner or weekend meals from April 23 to May 27.
- 10th SFG (A) meal hours are the same Monday through Thursday.
- Iron Bde Dining Facility will be closed for repairs until further notice.
- The CAV House Dining Facility will be closed for repairs until further notice.

Weekend and May 25 Training
Holiday Dining Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd BCT Mountaineer Inn (building 1369)

Saturday and May 25 Training
Holiday Meal Hours

Breakfast	8 to 10 a.m.
Lunch	11:30 a.m. to 1 p.m.
Dinner	4 to 6 p.m.

Sunday Brunch/Supper
Meal Hours

Brunch	9 a.m. to 1 p.m.
Supper	3:30 to 6 p.m.

Family members are cordially invited to dine
at Fort Carson dining facilities.

ITT rolls past legal defense team

by **Walt Johnson**
Mountaineer staff

What a difference a week makes in post softball action.

On May 8 the Criminal Investigation Division/Judge Advocate General softball team blasted the ITT (contract employees) softball and whipped them by 10 runs.

Monday, the ITT team decided to repay the CID/JAG team and rolled to a 35-18 victory.

To say the victory was unexpected by the CID/JAG team would be an understatement. Before the game CID/JAG player Casey Parks was so confident about his team's chances to win the game and this year's intramural title he could barely contain himself.

"You are looking at the next post champions when we are playing," Parks said. "We are going to be a team to contend with all year," he added.

Having lost by such a lopsided score, the ITT team was in no mood to be embarrassed again by CID/JAG and they came out firing. The ITT team scored nine runs in the

top of the first inning and CID/JAG could only answer with seven runs of it's own.

From there, ITT outscored the CID/JAG team 26-11 to avenge the earlier defeat.

After the game ITT coach Stan Horton said his team was ready to meet the challenge of playing the CID/JAG team.

"Last week they (CID/JAG) came out fast and hit very well. We also made a lot of errors. This week is a better week for us. We got our hitting together; had no errors running the bases. The difference is, the longer your team plays together the better you can fine tune your lineup and get players in the right place defensively," Horton said.

"We are getting ourselves together and you don't want to mess with ITT," Horton added.

"After the game Parks was disappointed but resigned to the loss.

"We took them too lightly, overlooked them and they snuck up on us. We were missing some players also, and that hurt," Parks said.



Photos by Walt Johnson

Criminal Investigation Division/Judge Advocate General players Rich Vanderkooy, Casey Parks, Jerry Frasier and Andy Ketelsen wait for their game to begin Monday night.



ITT's Dan Coggins is safe at third as his teammates and he had a big third-inning rally that broke the game wide open.



Criminal Investigation Division/Judge Advocate General player Shannon Allen lines a single to center field.

On the Bench

Gang, I have an extra page for 'Bench' this week

by Walt Johnson
Mountaineer staff

Gang, the sports God have really shined on the "old guy" this week. I get an extra page to share my news



Johnson

and views with you and I only hope you are as excited about this as I am. Man, let the fun times begin.

Saturday at 8 a.m. at the Post Physical Fitness Center many of the posts' top runners will be participating

in the Fort Carson Armed Forces 10 kilometer run.

If you have never been to one of the races, as a spectator or competitor, you will want to get out and catch this event.

The Fort Carson Morale, Welfare and Recreation office will sponsor the run. Each year MWR gives the top runners on post a chance to run the 10-kilometer race as individuals or with units.

Trophies will be awarded for the top three men, women and overall finishers in the following categories: one to 14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 and 65-69. Medals will be awarded to the first, second and third place finishers in each

event.

Pre-registration for the race is \$15. On the day of the race the cost will be \$20. Families of three or more can register for \$35.

People interested in registering can do so at the Post Physical Fitness Center, the Runner's Roost at 107 East Bijou in Colorado Springs or you can register on line at www.active.com. For more information call 526-2151.

Saturday is going to be a busy day at the post with the Fort Carson Golf Club four-person scramble tournament that will be loaded with fun and give people a chance to make some money with outstanding golf scores.

The tournament will feature four special \$10,000 hole-in-one rounds on the par 3. It will also feature special hole prizes and the chance to win a trip. The tournament will have a shotgun start at 8 a.m. and is open to the military and civilian communities. Reed said the tournament will have a \$10 plus course green fees and a cart is mandatory for all golfers. Prizes will include a ditty bag and lunch. Mulligans will be available at \$5 for three and competition will include the longest drive and the closest to the pin. Trophies will be awarded for the top four teams.

See Bench, Page 24



Photo by Walt Johnson

"No sweetie, swing like this" ...

Leave it to a coach to have to get extra lessons on hitting from his spouse. Victoria Marquez, also known as "Mrs. Taz," gives her husband, Esteban, a few lessons on batting after a game May 8 at the Mountain Post Sports Complex.

Bench

From Page 23

The entry deadline is May 15 so Reed suggests that people get their teams and call 526-1927 to sign up for the tournament.

The U.S. national volleyball team will be in action June 9 at the World Arena at 7 p.m.

The U.S. team will meet Germany's national team. Tickets are \$6 each, \$4 off the regular price, for seats in the lower bowl area. The U.S. team has scheduled five other nights when military members will receive \$2 discounts. The dates are June 10 against Germany, June 19 and 20 against the Netherlands and June 26 and 27 against Brazil. Tickets can be purchased at King Soopers, the World Arena, Independent Records outlets or on line at www.cnbo.com.

The first TEENPOWER class for women 13-to-18 will be held June 22 at the post youth center. For more information on the program contact Kathie Rawson at 526-2680.

Thoughts, myths and ideas to ponder.

I have only seen a little bit of a few sessions with the Nike Swoosh Club at the Fort Carson Youth Center but I have been impressed.

The young people in the club seem to have a firm grip on what is important in their lives and how

they can help their communities. Club coordinator Stephanie Meyers said she is more than pleased with the way the club has helped the post teens and is equally encouraged by the way club members have been doing the type of community relations activities that have earned them points for summer camp.

If I have said it once I will say it again, I hate the Most Valuable Player Award given out by professional sports teams.

First, congratulations to the Philadelphia 76ers point guard Allen Iverson who won this year's MVP award in the National Basketball Association. Iverson was certainly deserving of the award after the season he had and I have no heartburn with him personally.

What I have a problem with is the award itself. I have never figured out why some people think it is a good thing to recognize one form of excellence and not another. Tell me that Iverson was a valuable player and I will agree with you with no argument. But tell me that Iverson was more valuable to his team than Tim Duncan is to the San Antonio Spurs, Shaquille O'Neal and Kobe Bryant are to the Los Angeles Lakers, Glenn Robinson is to the Milwaukee Bucks or Dirk Nowitzki is to the

See Bench, Page 25

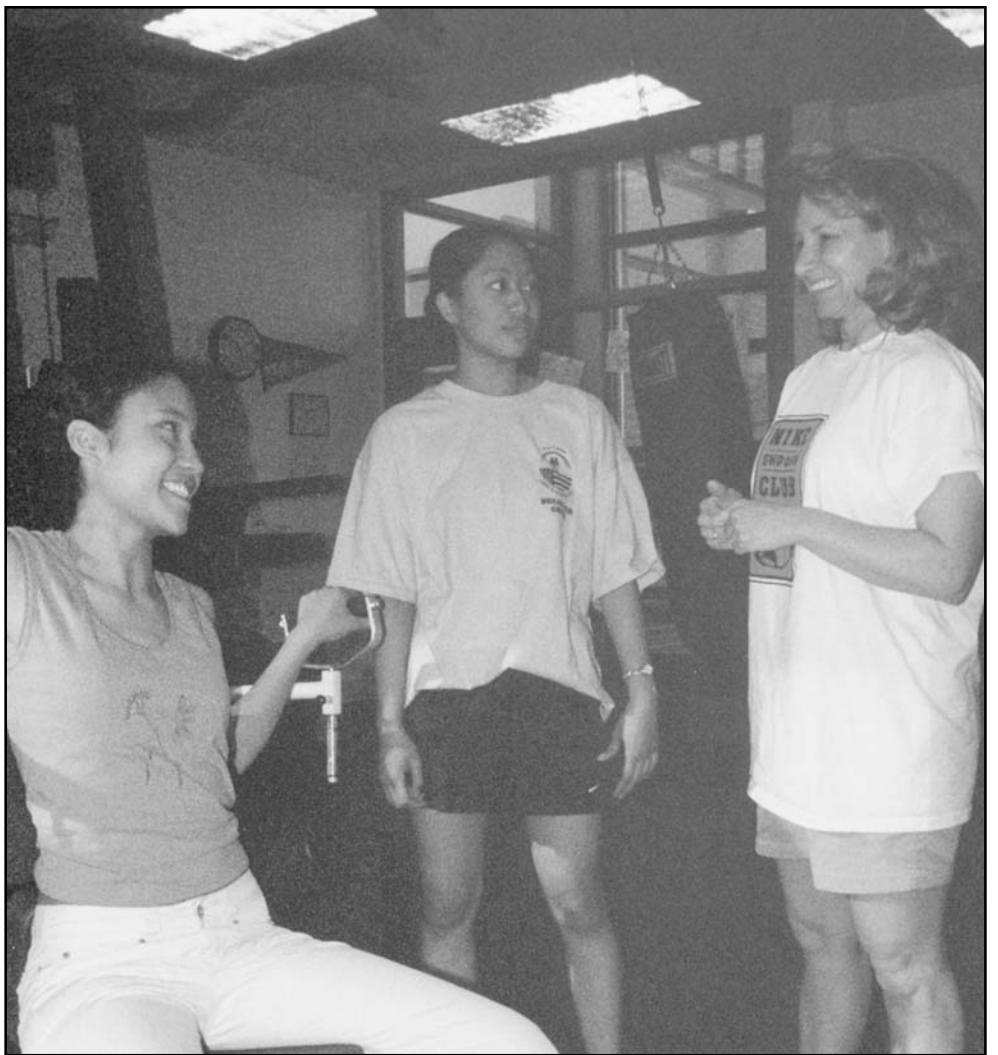


Photo by Walt Johnson

Earning Swoosh Club points ...

Nike Swoosh Club members Pamela Jeter, left and Karen Guintebano, center, have earned enough points to go to the Swoosh Club camp in Irving, Texas, June 20 to 22, by helping Kathie Rawson, youth services coordinator, with her program. Many other post youths are expected to earn enough points by Saturday to join them in Texas.

Bench

From Page 24

Dallas Mavericks and I will have a very difficult time believing that one man can be singled out as most valuable. Think about it this way: if five people shoot at the enemy and they all hit the enemy target, which shooter is the most valuable?

Have I mentioned how much I have enjoyed this year’s NBA playoffs?

One of the reasons I believe the playoffs have been better than the regular season is the young kids who don’t have a clue about the game are sitting on the bench and the veterans and talented young players who have a clue are playing.

The infusion of young players into the NBA via the “hardship” draft has diluted the college ranks. The colleges used to be the place young people went to learn their trade and be a valuable member of an NBA team. Now, every young person in the world thinks they can be Kevin Garnett or Bryant who have been the most successful high school players to jump to the NBA.

Hopefully one of these days the powers that be in the college and professional ranks will come to their senses and do something to allow these kids to play at least two years of college basketball before they head for the NBA.

Sometimes, when I watch the World Champion New York Yankees play baseball this year, I wonder if

they are trying to get the season over and begin the real season, the playoffs.

There have been times when the Yankees have looked like absolute world beaters and then there have been times when they have looked real normal. Keep an eye on them at playoff time; nobody does it better.

I have to admit now that the Colorado Avalanche have won the first two games of their series with the St. Louis Blues, I think they will make it to the Stanley Cup championships. Not because they won the first two games but the fact they were determined to hold onto their home court advantage by playing two dominant games shows they are ready to get down to the serious business of winning the Stanley Cup. But, I also believe that my home state team, the New Jersey Devils, will once again skate away with the Cup.

Do you think there may be one or two people interested in the Western Conference finals in the NBA scheduled to begin Saturday in San Antonio?The San Antonio Spurs will meet the Los Angeles Lakers for the right to kick the living daylights out of whoever shows up for the NBA finals from the Eastern Conference.

I think the key to this series will not be the Spurs’ Tim Duncan or the Lakers’ O’Neal. The key to the series will be who plays best, the Spurs’ David Robinson or the Lakers’ Horace Grant.

Man, I can’t wait for this series.

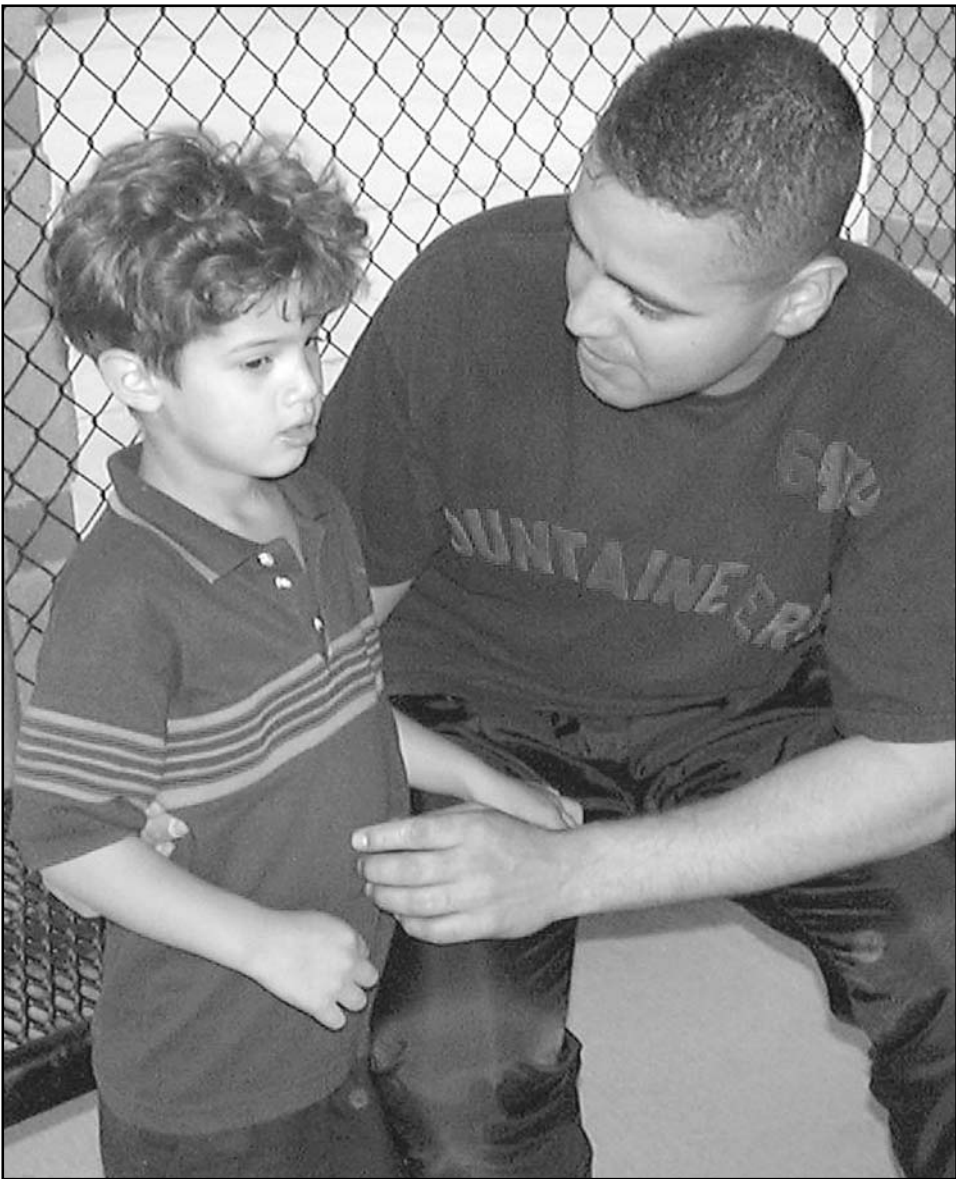


Photo by Walt Johnson

Son you can also do this ...

64th Forward Support Branch outfielder Eliud Barretto, right, talks to his son Eliud Jr., after Eliud Sr. blasted a home run over the right field fence during a game Monday night.

Sports & Leisure

Forward Support Battalion wins



Photos by Walt Johnson

64th Forward Support Battalion slugger Ryan Casad watches his second grand-slam home run of the year leave the park Monday night at the Mountain Post Sports Complex.

**by Walt Johnson
Mountaineer staff**

Last year the defending champions from Crazy Horse spent most of the year just going about their business, beating people and winning a championship.

This year the team that may duplicate that feat is the 64th Forward Support Battalion, which put on an offensive display that was more than impressive Monday night at the Mountain Post Sports Complex.

The Battalion team defeated Headquarters, Headquarters Troop, 1st Squadron, 3rd Armored Cavalry Regiment, 16-3 with an offensive display that would be the envy of any softball team.

The beating applied by the 64th would have been impressive under any circumstance, but it was even more impressive considering the team was missing five starters from a team that captured this year's pre-season softball tournament, and according to its coach, Stephen Myer is ready to make some big noise this year.

"We are just a great bunch of guys who aren't really superstars, with the exception of one player, that just work well together. We've been together for a couple of years which is very important because our guys can step in and play well when we have people away on deployments or other military commitments," Meyer said.

"You never know when you are going to lose a player due to an injury or other reasons, so it gives me a lot of

comfort knowing that I have a lot of players I can stick in there and they will perform well and the team does not lose a step."

The one exception to the "no superstars rule" on the FSB team is Eliud Barreto, a rocket-armed, hard-hitting ball player that Meyer feels is one of the top players in the league.

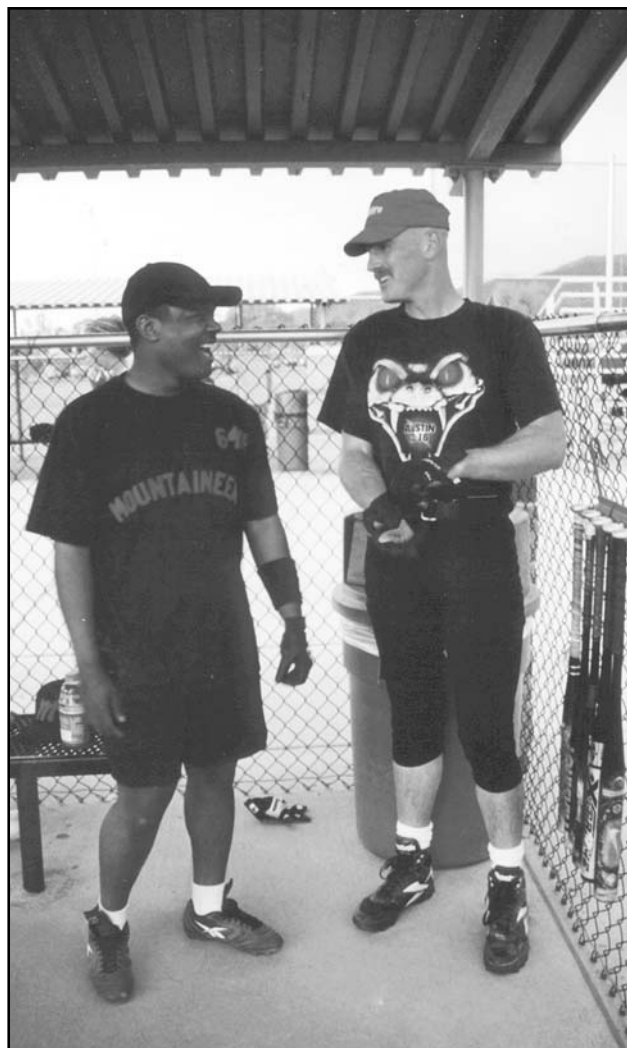
"Barreto is one of the finest players on post and definitely a five-tool (hit for average, hit for power, run, throw and field) player that is by far our best player. He plays everywhere we need him in the field and the highest compliment a team can pay him happens a lot when he bats; teams walk him instead of pitching to him," Meyers said.

Meyer said keeping his talented team motivated and clicking on all cylinders this year will be easy because of the team attitude.

"At the start of the season, we told everyone that we are here to win but with winning will come a lot of fun. I asked my players to be patient and understand that their time to play will come. All the players understand that and that is another reason we work so well together," Meyer said. Does the Support Battalion team have what it takes to win this year's title?

"We talked about how we stacked up with the other teams. Crazy Horse is an outstanding team and to beat them twice meant a lot to us. There are a lot of good teams in the league and there is a lot of talent on this post," Meyer said.

Don't bet against them being the best, however.



64th Forward Support players Ricky Brown, left and Thomas Burton get ready to take their turn at bat.



Headquarters, Headquarters Troop, 1st Squadron, 3rd Armored Cavalry Regiment, second baseman David Flores blasts a double to left center field during Monday's action.

Mountaineer Sports Spotlight



Photo by Walt Johnson

Mountaineer fans of the week ...

The 64th Forward Support Battalion not only has an outstanding team, they have some of the most loyal fans on post. Monday at the Mountain Post Sports Complex the fans were in full “voice” as they rooted for their heroes.

NASCAR Craftsman Truck races at PPIR



Photo courtesy Bert Entwistle, Western Images

Indy Racing League drivers make a curve on the Pikes Peak International Raceway during last year's race.

Ry Nel Lampe
Mountaineer staff

acing fans don't have to travel far to satisfy the craving for fast tracks, fast cars and national-level drivers.

Pikes Peak International Raceway, the only superspeedway in the Rockies, is just a few miles south on Interstate 25. The opening race is this weekend.

This will be the speedway's fifth season. A horse-racing facility bit the dust to make way for the new car track.

The facility is state of the art — both for fans and drivers. The grandstand sits several feet above the track, giving up to 43,000 fans a great view of the entire track. The oval is one



++Photo courtesy Bert Entwistle/Western Images

Cruise America AMA Superbikes will race Aug. 25 and 26. at Pikes Peak International Raceway.

mile long and D-shaped, with a 1.34 mile road course.

Drivers also like the track and consider it driver friendly, in spite of the fact that some horsepower is lost at this altitude. The fastest speed record at the track is 179.98 miles per hour, set by Greg Ray of the Indy Racing League.

This year's season will be a short one — only four major races this year.

The first race of the season is the Jelly Belly 200 NASCAR, starting with practice at 9:30 a.m. and qualifying rounds at noon Saturday.

Race day is Sunday, with lots of activities before the 2 p.m. race time.

PPIR honors the military community during Armed Forces weekend. According to Stacey Jones, director of Public Relations at the raceway, PPIR wants to recognize the military in the community, and especially "our neighbor, Fort Carson."

"We encourage people to come down to the raceway for the Jelly Belly 500 and to take advantage of the discount offered to military and retirees with an ID," she said.

A 50 percent discount is available at the Information, Tickets and Registration office in the Mini Mall on post, in advance at the PPIR administrative offices or on qualifying or race day.

Ticket prices are different for various events, as well as pre-race qualifying events.

Generally, grandstand tickets for pre-race events start at \$20 for adults, and \$5 for juniors, ages 6 through 15.

Race day tickets are \$30 for lower grand stand and \$40 for upper grandstand tickets.

Some races, such as the Radisson Indy 200 Northern Light Series Race, June 16 and 17, are priced a few dollars higher. The NASCAR Busch races are July 27 and 28, and the Cruise America AMA Superbike race is set

See Race, Page B-2



Photo by Nel Lampe

Driver Jim Inglebright and a Chevrolet Silverado representative check under the hood during media day May 8.



A pull-out section for the Fort Carson community
May 18, 2001

Fort Carson

Race

From Page B-1

for Aug. 25 and 26.

Any questions about ticket combinations or other information about PPIR schedules can be answered at 382-7223.

There is a minimum age of 16 for infield access, and a dress code: no opened-toed shoes, shorts, bare legs or tank tops.

There are two-day tickets as well as family packages available. The family combo includes four tickets, hot dogs and soft drinks.

Other ticket packages include Insider's View, a season ticket, winner's circle, fan pack and group tickets. Call 382-7223 for more information or visit the ITR office.

Military equipment from Fort Carson will be on hand prior to the 2 p.m. race Sunday. Six salute cannons with crews will participate in the opening ceremony and Fort Carson's choral group, Harmony in Motion will perform.

In addition, a Bradley, an M113, and a



Photo by Nel Lampe
Tim McMann refuels the Chevrolet Silverado by gravity feed.



Photo by Nel Lampe
Herm Rowland, Chairman of Jelly Belly Candy Co., exits the Chevrolet Silverado May 8, after a ride around the track.



Courtesy photo by Nate Mecha/High Sierra Photo
A pit-stop crew works feverishly during a truck's pit stop at a previous race.

"Humvee" will be on static display in the mid-way area.

The salute cannons will also be on display following the opening ceremony.

Fort Carson Mounted Color Guard will participate in opening ceremonies in the center of the track area.

Each race day can be a full day's entertainment for fans. Jones said fans are encouraged to come out to the track early and "make a day of it."



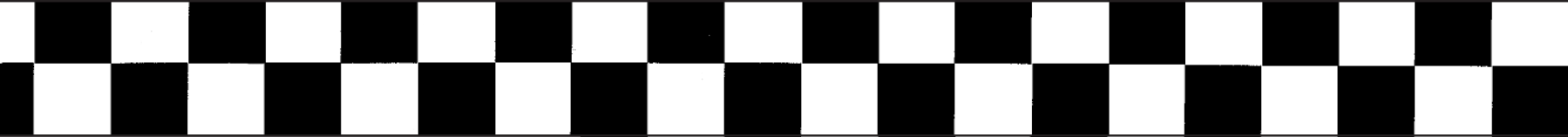
Courtesy photo by Rupert Berrington, Pro-Motion, Ltd.
It takes a lot of people to keep the trucks on the track.

Other PPIR events in 2001

- **DriveTech Driving School** is June 9 and 10; call (800) 678-8864.
- **Richard Petty Driving Experience**, June 20 to 26; call (800) BE-PETTY.
- **Rocky Mountain Vintage Racing to Support the Center for Prevention of Domestic violence**; call (303) 799-0183.
- **California Superbike School**, Aug. 27 and 28; call (818) 841-7661.
- **Goodguys Rod & Custom**; call (925) 838-9876.

Just the Facts

- **Travel time** 15 minutes
 - **For ages** all
 - **Type** Race track
 - **Fun factor** ★★★★★ (Out of 5 stars)
 - **Wallet damage** \$\$\$ plus food
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$80
- (Based on a family of four)



Community Events

Family Readiness Center

The Financial Readiness Debt Management Program is available to help active duty, family members, retirees and Department of Defense civilians with debt problems. For information, call 526-0449.

Army Family Team Building is a readiness program that provides family members and soldiers with an understanding of the Army. It combines the skills and resources needed to become more self-reliant and have a better sense of belonging to the Army family. Some of the topics covered are benefits, entitlements, military terms, customs and courtesies, child care and education. For questions regarding the AFTB classes taught in Spanish or English, call 526-0461.

The Financial Readiness Program, with Security Federal Credit Union, presents a class on Credit Builder Plus Seminar, Thursday from 4 to 5:30 p.m. The class provides information on establishing and re-establishing credit. Contact Patricia Randle at 526-4590.

The Financial Readiness Program, with Security Federal Credit Union, presents a class on Credit Builder Plus Seminar, June 28 from 4 to 5:30 p.m. The class provides information on establishing and re-establishing credit. Contact Patricia Randle at 526-4590.

Miscellaneous

Fort Carson invites the public to learn about environmental restoration projects on post at quarterly Restoration Advisory Board meetings. RAB meetings offer informative presentations on a variety of ongoing cleanup projects. For information or to join, contact Jim Henderson at 526-8001.

Directorate of Public Works announces that a water tank is being erected on the hill northwest of Titus and Harr. Construction will be continuing through August. Due to this area being a construction site, please do not enter on foot or vehicle unless official government business is being conducted. For information contact Kandy McBrite at 526-9239.

Fort Carson yard sales are held the first Saturday of each month at the Beacon School parking lot. If the weather is inclement, then the yard sale falls to Sunday or the following Saturday. Yard sale dates are: June 2, July 7, Aug. 5, Sept. 1, Oct. 6, Nov. 3 and Dec. 1.

Rogers Elementary School's Track and Field Day is May 31. The school is located at 110 S. Circle Drive. They need volunteers to help with this event from 8:45 to 11:30 a.m. For information contact Pam Sheffield at 520-2202.

Equal Employment Opportunity Office continues with its presentations of human relations topics for civilian employees. The following training classes will be conducted from 8:30 to 11 a.m. in the Cedar Room at the Family Readiness Center: Valuing Diversity, today; Coaching, Monday; Preventing Violence in the Workplace, Wednesday. Video session: Family and Medical Leave Act; How and When To Settle Complaints and Other Employment Lawsuits, May 30. Fill out a form at the EEO Office, building 1659, 1675 Berkeley Ave., to register for the class you select. Because seating is limited, priority will go to Fort Carson civilian AF/NAF employees. You will be notified prior to the class if registration is approved. For information contact your training coordinator or call EEO at 526-4413.

The Armed Services YMCA connects military personnel and their families to the community through YMCA programs. The YMCA of the Pikes Peak region provides reduced membership for military personnel grades E-5 and below as well as financial assistance for low income participants. The YMCA also maintains an Airport Information Center at the Colorado Springs Airport to help incoming personnel orient themselves to the community. For more information, call 393-9620, or click on the Web site www.ppyymca.org.

Volunteer van drivers are needed to drive from Disabled American Veterans Service Center to the Veterans Administration Medical Hospital in

Denver a 14 passenger van departs at 8 a.m. and returns at 4:30 p.m. Drivers must possess a current drivers license and have a good driving record, be insurable and in reasonably good health. Contact Pat Corey or Greg Stark at 380-8005.

Pregnant Family Member Exercise Program — Moms in Motion exercise program for pregnant family members of an active duty or retired Army soldier at Evans Army Community Hospital. A required educational class prior to beginning the exercise portion will be taught on Tuesday and monthly thereafter. To register, call TRICARE at 264-5000.

Abandoned vehicle lot, sealed bid sale will be May 26 and 27, bid times are 9 a.m. to 4 p.m. Opening of bids will be May 30. Contact Travis Horn, at 524-1146.

Staffing Solutions will be recruiting Thursday from 9 a.m. to noon at The Family Readiness Center, building 1526, sponsored by Army Community Service's Family Member Employment Assistance Program. Contact Mercedes Jamieson at 526-0467.

The Family Member Employment Assistance Program will be hosting a Career Fair June 1 from 10 a.m. to 2 p.m. at the Army Community Service building in the Aspen Room. There will be many employers from the Colorado Springs area. Contact Mercedes Jamieson at 526-0467.

The Family Member Employment Assistance Program presents a Resume Workshop June 6 from 1 to 2 p.m. at the Army Community Service building in the Cedar Room. The workshop will include a variety of resume styles. To register contact Mercedes Jamieson at 526-0467.

Fort Carson community Town Meeting will be June 6 at the Elkhorn Conference Center, 6 to 8 p.m.

Take Off Pounds Sensibly — TOPS — Club meets each Thursday at the Grant Library in the conference room. Weigh-in time is from 5:30 to 6:15 p.m. Meeting time is from 6:30 to 7:30 p.m. Contact Jane Boozer at 526-2181.

Summer pool hours: Outdoor pool opens May 25, Everyday 10 a.m. to 5:45 for open swim, including weekends and holidays.

Preschool swim class in the indoor pool are Saturdays 10:15 to 10:45 a.m. There are five classes per session at \$10 per month. The next session starts Saturday and also May 26.

Water aerobics are offered on Tuesdays and Thursdays, 10:30 to 11:30 a.m. for low impact and 5 to 6 p.m. for high impact. Call 526-3122 or 526-3107 for program information.

Memorial Day ceremonies: Monday, May 28, 9:30 a.m., Community raising of the flags: Old Glory, POW-MIA, Korean War Anniversary, Army, Navy, Air Force, Marine Corps, Coast Guard. Officiant Chaplain Bill Leonard, U.S.N. Ret., Veterans Honor Court, Shrine of Remembrance, 1730 E. Fountain Blvd. Pikes Peak Veterans Council Ceremony, 11 a.m., speaker: Lt. Gen. Roger DeKok, vice commander, Air Force Space Command, with placement of memorial wreaths. Memorial Park, (inclement weather site: The Retired Enlisted Association, 834 Emory Circle). Contact Carmen S. Pesek at 570-9158 or Col. Jim Rix at 265-1993 or 634-1598.

National Trails Day Event — help clean North Cheyenne Canon Park. June 2 from 9:30 a.m. to 1 p.m. Meet at Starsmore Discovery Center, 2120 South Cheyenne Canon Road, ages 14 and above. Call 578-6146 to pre-register and additional information on what to bring.

The Fort Carson Commissary will be open Memorial Day. The hours of operations are 7 to 9 a.m. for early shoppers and 9 a.m. to 5 p.m. for regular shopping. Contact Steve Preciado at 526-5644 for information.

Head Start and Early Head Start is now enrolling students. Community Partnership for Child Development/Head Start is now enrolling for its free infant, toddler and preschool programs for the 2001-2002 school year. If you live in El Paso County you may qualify for one of CPCDs free child development programs. Contact Lynda Hanwell at 635-1536 for information.

Annual leave donors are needed for Kathleen A. Bryant, an employee of Medical Department Activity. The leave is needed to cover his absence due to the exhaustion of his available paid leave. For more information, call Ruben Espinoza at 526-7246.

Annual leave donors are needed for Michael A. Moon, an employee of Medical Department Activity. The leave is needed to cover his absence due to the exhaustion of his available paid leave. For more information, call Ruben Espinoza at 526-7246.

Annual leave donors are needed for Jacqueline

Booker, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call Ruben Espinoza at 526-7246.

Annual leave donors are needed for JoAnn Avery, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call Ruben Espinoza at 526-7246.

Annual leave donors are needed for Felicia Yvonne Moore, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call Ruben Espinoza at 526-7246.

Annual leave donors are needed for Dawn Marcella Ann Orr, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call Ruben Espinoza at 526-7246.

Annual leave donors are needed for Judith L. Dutt, an employee of the Fort Carson Public Affairs Office. The leave is needed to cover her absence due to the exhaustion of her available paid leave following surgery. For more information, call 526-8399.

Annual leave donors are needed for Linda S. Cellars, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call Ruben Espinoza at 526-7246.

Annual leave donors are needed for Stacey L. Pipken, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call Ruben Espinoza at 526-7246.

Annual leave donors are needed for George Bobo, an employee of Department of Environmental Compliance and Management. The leave is needed to cover his absence due to the exhaustion of his available paid leave. For more information, call 526-1684.

Annual leave donors are needed for Dolores Jean Ontiveros, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call Ruben Espinoza at 526-7246.

Volunteer Recognition

The installation's annual volunteer recognition picnic and awards ceremony will be June 2, from noon to 3 p.m. at Iron Horse Park. Agencies need to submit nomination packets for volunteers who meet criteria. Nomination packets must be submitted by today to the Installation Volunteer Coordinator, 1500 Wetzell, building 1526. This is to ensure that awards can be processed through the Mountain Post, FORSCOM, and Department of Army in time for presentation at the June event. All volunteer hours for the year 2000 should have been submitted to the IVC yesterday. Please contact the IVC, Gwendolyn Ragle at 526-8303 for assistance.

Youth

Child and Youth Services is offering track and field activities. The season ends Aug. 2. This is an individual sport and will be coached by Joseph Gentry (retired Army Olympic coach) and his staff. Open to youth ages 8 to 14. Contact Darrylyn M. Young at 526-1100 or 526-1101.

Child and Youth Services is offering summer camp for grades (going to) first through (going to) eighth. Camp hours are from 6 a.m. to 6 p.m. We will offer transportation to District 8 on-post summer school. Registration starts Monday and is ongoing. Register for a week, month or the entire summer. Contact Darrylyn M. Young at 526-1100 or 526-1101.

Saddle up — Child and Youth Services and Turkey Creek are offering youth ages 10 to 15 four weeks of hands-on ranching opportunities. Youth Services staff will assist Turkey Creek staff in supervision. Learn basic western horsemanship, horseback camping, orienteering, survival and ranch chores. A fee of \$270 includes three days a week at Turkey Creek and two days a week at Child and Youth Services. Session 1 is May 29 to June 22; session 2 is June 26 to July 20 and session 3 is July 24 to Aug. 17. Session 1 is limited to 10 youths, all other sessions limited to 20 youth. Contact Darrylyn M. Young at 526-1100 or 526-1101.



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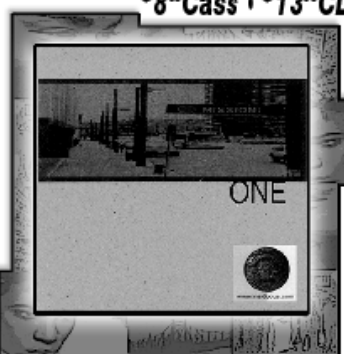
\$8⁹⁹Cass + \$13⁹⁹CD



\$9⁹⁹Cass + \$14⁹⁹CD



\$9⁹⁹CD



\$11⁹⁹CD



\$12⁹⁹CD



\$11⁹⁹CD



\$6⁹⁹Cass + \$11⁹⁹CD

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Military Briefs

CG's Newcomers Briefing will be June 8, 1:30 p.m. at the McMahon Theater. It is mandatory for all newly assigned officers and soldiers to attend. Family members are welcome. Free child care is available by calling 524-0151.

Green to Gold Briefing: Army ROTC conducts a Green to Gold briefing every Tuesday from 11:30 a.m. to 12:30 p.m. in room 124 of the Education Center. If eligible, you may get a bachelor's degree and become a second lieutenant. If you have any questions contact Capt. Cindi Basenspieler at 262-3236. No appointment is necessary to attend the briefings.

Special Forces briefings are held Wednesdays at 1:30 p.m. and Thursdays at 1:30 and 3:30 p.m. at Grant Library. You can apply for SF training as a private first class, but cannot begin training until you are an E-4. For more information, call 524-1461 or 524-1462.

The Army Career and Alumni Program Center now has set times for clearing. Monday through Wednesday, 7:30 to 9 a.m. and 3:30 to 4:30 p.m., Thursday 9 to 10 a.m. and 3:30 to 4:30 p.m., Friday 7:30 to 9 a.m. and 1 to 2:30 p.m. If you have questions, call 526-1002 or 526-0640, or visit the Web site www.carson.army.mil/ACAP/acap.html.

The Fort Carson Waiting Families Program is here for spouses of soldiers on unaccompanied hardship tours and extended deployments. Call Barbara McYoung at 526-4590 for more information.

The Sergeant Audie Murphy Club event calendar is as follows:

All meetings are held monthly on the third Wednesday of the month at 11:30 a.m. at the Mountain Post Wellness Center on the second floor conference room in the Family Readiness Center.

Induction ceremonies and rehearsals are held at McMahon Theater. All other events are conducted in the main conference room of building 1430. For more information, call 526-2409 or 526-3887.

Better Opportunities for Single Soldiers

BOSS Executive Council meets the first Wednesday of each month at 10 a.m. at the BOSS Office, building 1217, room 227. The Post BOSS meeting, for BOSS Representatives, meets the second Thursday of each month at Christopher's from 1 to 3 p.m.

National Apprenticeship Program U.S. Department of Labor informational workshop June 21, 12:45 to 2 p.m., building 1219, Army Career Alumni Program classroom. Contact ACAP at 526-1002 or 526-0640.

547th Engineer Battalion (Cbt) Association and its attached units (552nd and 1328th) is holding its 15th annual reunion in Durham, N.C. Aug. 2 to 5. Contact John Joyner at (919) 596-7940 or Ursula Allen at (253) 582-4649.

Local Officer Candidate School board is Wednesday and Thursday. This board is required for all applicants. The board will be conducted at the Elkhorn Conference Center. All participants must report in Class A uniform Wednesday and Thursday to appear before the board. All packets must be turned in to the 4th Personnel Services Battalion, Personnel Action Section, building 1118, room 317, no later than May 8. For information contact Cpl. Nathaly Gaffke at 526-1906.

Records Management Class will be held June 13, 9 a.m. to 4 p.m., building 1550, classroom A, for all units and activities. This course will include instruction on the Privacy and Freedom of Information Acts, the Modern Army Recordkeeping System, and Army Correspondence and Forms Management. Military and Department of Army civilian personnel must submit a memorandum with name, rank, organization and point of contact to Directorate of Information Management, Management Services Branch by close of business June 7, (fax: 524-0682). Attendees are requested to bring writing supplies and a copy of AR 25-400-2 dated Feb. 26, 1993. Contact Duane Gregorich at 526-2107 or e-mail: duane.gregorich@carson.army.mil.

Records Management will conduct the following Modern Army Recordkeeping Systems classes: July 18, 9 a.m. to 3 p.m., building 1550, classroom A, suspense date: July 12; Aug. 15, 9 a.m. to 3 p.m., building 1550, classroom A, suspense date: Aug. 10. Personnel wishing to attend must submit a memorandum with full name, rank, organization and point of contact with telephone number to Management Services Branch, by the suspense dates above. Attendees are requested to bring a copy of AR 25-400-2 (MARKS) to class. Contact Duane Gregorich at 526-2107, fax: 524-0682. or e-mail: duane.gregorich@carson.army.mil.

Submission of List of File Numbers as directed by AR 25-400-2, Para. 5-13, The Modern Army recordkeeping system, all file areas are to submit a LFN for approval annually by May 25. This requirement only applies to offices/units who have not provided an LFN for their unit within the last 12 months. Submit your LFN on FORSCOM Form 350-R, List of File Numbers, Jan. 1 to Directorate of Information Management, Management Services Branch, Duane Gregorich at 526-2107, fax: 524-0682. or e-mail: duane.gregorich@carson.army.mil.

This year's 18th annual Federal Cup five-kilometer race for runners and racewalkers is set for 8:15 a.m., Saturday at the Denver Federal Center in Lakewood. Reggie Rivers, former Denver Bronco and local radio and TV personality, will serve as official race starter and master of ceremonies.

The race also features a one-kilometer Fun Run for children, refreshments, medals and trophies for individuals and team winners and a prize drawing for all five-kilometer participants. Commemorative T-shirts will be available for \$7 on a first-come, first-served basis. Team categories include men, women, co-ed, masters and seniors. The pre-registration entry fee is \$5 (\$10 race day).

More specific Federal Cup information, including race entry forms and past race results, is available at the Federal Cup Home Page on the Web at: <http://fedcup.homestead.com>.

The Federal Cup is a unique opportunity for federal employees and their families to participate in competitive events and socialize outdoors. No federal contract employees may enter.

Be a part of the world's largest 10-mile race, register on-line. The 17th Annual Army Ten-Miler will be held Oct. 14, 2001, in Washington, D.C. This year's runner field has increased to 18,000 participants. Registration will remain open until Sept. 14, at 5 p.m. EST or until the runner field is full.

Attention: all active duty and retired Medical Service Corps officers and Army Medical Specialist Corps officers serving on Fort Carson. The Fort Carson Silver Caduceus Society is getting back off the ground. The Fort Carson Silver Caduceus Society is a private association, open to all MSCs and AMSCs on Fort Carson, dedicated to: furthering professional knowledge; keeping abreast of current developments in technical, administrative and scientific subjects, meeting periodically with our DOD and civilian counterparts; providing charitable benefits to the community in which we serve. Contact: Capt. Noel Christian Pace at 526-7233 or e-mail: noel.pace@cen.amedd.army.mil.

The Mountain Post Chapter of the National Infantry Association is looking for current and new members to join the newly formed chapter. The chapter works with and assists infantrymen in perpetuating the history of the infantry soldiers and units, with events like picnics, meetings and sponsored events, contact Jonce Hamm at 526-6347.

Inoperational, unregistered or unlicensed vehicles parked will be cited and towed. Abandoned vehicles will be towed away, with the cost paid by the owner. An abandoned vehicle is defined as one that is left unattended for more than 30 days, or one that is unlicensed and/or unregistered. Once the Military Police ticket the vehicle, the owner has 72 hours to make the vehicle operational or to fix the deficiencies. Also, towed recreational vehicles, utility trailers, unmounted truck camper bodies, self-propelled RVs and boats will not be parked anywhere on post, to include housing areas, except during weekends, or for a 24-hour period before and after use. A recreational vehicle/equipment storage facility is located adjacent to building 6074. Contact Sergeant Major John Hickenbottom at 526-0423 or 526-5601.

Sustaining Base Leadership and Management course deadline to enroll is June 5. This college-level course starts Sept. 17 at the Army Management Staff College, Fort Belvoir, Va. The course is specifically designed to educate civilian and military personnel who will become the future leaders of the sustaining base. Civilians in grades GS-12-14 may apply online. GS-11s and 15s may apply by exception. Majors and lieutenant colonels can request attendance through their branch managers. Online applications must be approved by supervisors and reach headquarters, Department of the Army by June 5. For further information, the AMSC Web address is www.amsc.belvoir.army.mil.

The Directorate of Logistics Hazardous Materials Control Center will conduct its monthly meeting for all assigned Hazardous Material Custodians on June 13 at 1 p.m., building 8000, DOL main conference room, second floor. Attendance is required. Contact Bob Gravelle at 526-4210.

Editor's note: The deadline for submitting "Briefs" to the Mountaineer is 5 p.m. Friday before publication date.

Sports & Leisure

Attention softball coaches and players: The 13th Annual "Weekend Bash" softball tournament will be held June 23 to 24 in Tucson, Ariz. The champions will have their choice of new gloves or bats. The top four teams will receive awards. Take your intramural squad to this tournament; for information contact Greg Manning at (520) 228-5478.

Fort Carson Youth Sports needs volunteer coaches for several upcoming sports seasons. No experience is necessary, as all leagues are developmental. For more information, or to volunteer, call 526-1233.

Forrest Fitness Center is now offering "Cycle Reebok" to all ID card holders. Classes are held six days a week, Mondays at 5 p.m., Tuesdays at 3:30 p.m., Wednesdays at 5:40 a.m. and 5 p.m., Thursdays at 3:30 p.m., Fridays at 4 p.m. and Saturdays at 9:30 a.m. Classes are 50 minutes long, and first timers should arrive 15 minutes early. For more information, call 526-9120.

Don't delay, register today at www.armytenmiler.com.

2002 Olympic Torch Relay. Chevrolet is currently searching for inspirational Americans to carry the Olympic flame during the torch relay. For a nomination form or a list of Chevrolet dealerships in your area contact Lindsay Woods at (404) 875-1444, ext. 250.

The Colorado Springs Business Guild's First Memorial Day Golf Classic is Thursday at the Fort Carson Golf Course. Registration is at 6:30 a.m., shotgun start is at 8 a.m. Pre-register by Monday. For information about forms and entry fees or to register call Trent at 573-6607.

Seventh Annual Men's Cinco De Mayo Softball Classic, has been rescheduled to Saturday and Sunday, University of Southern Colorado Campus, Pueblo. For information contact Herman Cata at 542-1253 or Anthony Sanchez at 545-6143.

Fort Carson Officers' Wives' Charitable Association Celebrity/VIP Golf Classic, June 1 at the Cheyenne Shadows Golf Course. Check in at 11:30 a.m., 12:30 p.m. scramble. Awards, dinner and social following tournament. Price includes 18-hole cart and green fee with GPS and par view system, registration fee, complimentary driving range, dinner and a goodie bag. For registration information contact Tina Price at 538-0166.

Get Out!

History series

The last lecture in the Pikes Peak Regional History Series is Thursday, when Dr. Rick Sturdevant presents "Cheyenne Mountain Citadel - The City Inside the Mountain." Sturdevant is a historian with Air Force Space Command, and will cover history of the Cheyenne Mountain Complex from its first dynamite blast in 1961 and its next 40 years. The program begins at 7 p.m. in the Colorado Springs Pioneers Museum, 215 S. Tejon and is free.

State Fair concerts

Tickets are now on sale for this year's concerts at the Colorado State Fair at the fairgrounds in Pueblo. Country performers Brooks and Dunn will perform Aug. 24; The Kinleys perform Aug. 20, Billy Gilman is at the State Fair Events Center Aug. 25. John Michael Montgomery appears Aug. 25. Other performances are by Randy Travis, Chris LeDoux, Terri Clark, 98 Degrees, Tracy Lawrence, KC and the Sunshine Band, Engelbert Humperdinck, the Beach Boys, Mel Tillis and Kansas. People who buys tickets before May 26 receive a free State Fair gate admission. Tickets range from \$6 to \$30, and concerts begin at 8 p.m. TicketMaster has tickets, 520-9090, or call the Colorado State Fair Box Office at (800) 876-4567, ext. 2070. You can check out the list of entertainers by going online at www.coloradostatefair.com.

Hay Day

Saturday is Hay Day at Turkey Creek Ranch, 12 miles south of the post's main gate on Highway 115. The first 500 people will receive hats or bandanas, and everyone can take free horse rides, pony rides, listen to foot-stomping music, and enjoy the fun. Refreshments will be available for purchase. Other activities are free.

Stomp

"Stomp" returns to the Pikes Peak Center June 12 to 17. Tickets for the sounds and rhythms group start at \$26; call 520-7469.

Denver theater

"Aida," the Broadway musical by Elton John and Tim Rice, tickets are on sale at (800) 641-1222 for the June 7 to 24 performances. Tickets start at \$20.

New exhibit

A new exhibit is at the Colorado Springs Pioneers Museum: "Picturing the Century: a Hundred Years of Photography from the National Archives." Images in this exhibit highlight major events in the last century. Historic glimpses of America's landscapes and economic and social change are shown. There is no fee; the museum is at 215 S. Tejon St.

Music Theater

"Forever Plaid," an encore presentation by the Repertory Theater Company of the Fine Arts Center, is in the historic Butte Opera House in Cripple Creek today, Saturday, May 18 and 19 at 8 p.m. Tickets are \$20. "Forever Plaid" will be in the Fine Arts Center theater June 29 and 30, July 6 and 7 at 8 p.m. Tickets are \$22 at the Fine Arts Center box office, 634-5583. The box office also has tickets for the Cripple Creek performances.

Children's Theater

"Jack and the Beanstalk" is in the Fine Arts Center, 30 W. Dale St., June 12 through 16. Tickets are \$3 at 634-5583.

Fly-in

Celebrating Armed Forces Day, dozens of World War II airplanes will be displayed, along with modern fighter plans and experimental aircraft at the former Colorado Springs Airport. "In Their Honor Fly-In" will be Saturday and Sunday, from 10 a.m. to 6 p.m. each day. Admission is \$3 for adults and \$2 for children under 12 years old.

Sing the blues

"Saffire -- The Uppity Blues Women" perform Tuesday at 8 p.m., at the Fine Arts Center, 30 W. Dale St. Tickets are \$35, which benefit the Women's Resource Agency; call 634-5583.

New theater season

The Air Force Academy has announced its new theater season. Wayne Brady appears Aug. 6. Other shows are "Crystal Gayle and Larry Gatlin," Sept. 23, "The Fab Four," Oct. 20, "Ragtime," Nov. 5, "Christmas from Dublin," Dec. 8, "My Fair Lady" is Feb. 2, "Titanic" is April 6 and "Lavay Smith and Her Red Hot Skillet Lickers" appear April 27. Call the box office at 333-4497 for tickets or information.

Royal Gorge

Armed Forces Month is observed at the Royal Gorge Bridge during May, when a military ID gets

servicemembers and their families in the park for half price. The bridge is about 12 miles west of Canon City on Highway 50.

Aircraft museum

"Open Cockpit Day" at the Pueblo Weisbrod Aircraft Museum is May 26, from 10 a.m. to 2 p.m. The Bell H-47 helicopter, such as used in the M*A*S*H TV series is be open to visitors. The museum is at the Pueblo Memorial Airport, off Highway 50 East. The museum is open from 10 a.m. to 2 p.m. Saturdays. It is open 10 a.m. until 4 p.m. weekdays and 1 to 4 p.m. Sundays.

Philharmonic

The Pikes Peak Philharmonic presents "Masterworks No. 3" at Coronado High School, 1590 W. Fillmore St. Sunday at 3 p.m. Admission is \$6 for adults, \$3 for children and \$12 for an entire family.

Children's museum

Visitors to the Children's Museum in the Citadel Mall can build a toy sailboat Saturday at 3 p.m. Sunday a magician will be on hand at 2 p.m. Both events are included in admission.

Spring hike

The 25th annual "Spring Hike" is tomorrow, from 8 a.m. until 2 p.m. Hike all or part of the 4.5 mile trail at Bear Creek Park. No reservations are required. Buy a hiking stick at the start of the walk and have it "branded" as a souvenir.

White tigers

The Cheyenne Mountain Zoo has two white tigers

visiting for the summer, along with their orange sister. The 9-month old tiger cubs will be at the zoo until Labor Day. The "Jungle Ghosts" exhibit is housed in the Primate House. The zoo is at 4250 Cheyenne Mountain Zoo Rd. Zoo entry is \$10 for adults and \$5 for children 3 to 11. Children under 3 get in free. Family passes are also sold.



Photo by Ned Lampe

Two white tiger cubs are at Cheyenne Mountain Zoo.

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Pvt. Murphy

by Mark Baker



Program Schedule for Fort Carson cable Channel 10, today to May 24.

Mountain Post Magazine: Stories on and about Fort Carson soldiers, civilians and family members. The program airs at 7 a.m., 10 a.m., noon, 3 p.m., 7 p.m. and midnight.

Army Newswatch: includes stories on the black berets, bridge building in Bosnia and Earth Day at the Atlanta Zoo. The program airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Air Force News: includes stories on the McClellan Air Force Base turnover, the Total Force Honor Guard and Eco-Challenge (repeat). The program airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Navy/Marine Corps News: includes stories on military appreciation day with the San Diego Padres, Navy Junior ROTC teachers and a USS Cole survivor returns to the Gulf. The program airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

Channel 9 daily broadcasts SCOLA, foreign language news broadcasts. Access the schedule at the Fort Carson Web site.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Douglas Rule at 526-1241 or via e-mail at:

Douglas.Rule@carson.army.mil

Program times will be published in the *Mountaineer* provided coordination is made one week prior to publication.

If you have story ideas for Mountain Post Magazine, contact Richard Bridges or 1st Lt. Nadia Calderolli at 526-1265, 1253 or 2941, or e-mail Richard.Bridges@carson.army.mil or Nadia.Calderolli@carson.army.mil.

If you wish to have a training videotape shown on Channel 9 only, contact the Regional Training Support Center at 526-5111.

For additions to the Community Calendar, please submit a clean, typewritten copy of the information to the Public Affairs Office, room 2180, building 1550, Fort Carson, CO 80913 or fax it to 526-1021 no later than the Friday before airing time.

Mountain Post Magazine is shown on Adelphi cable channel 13 or WANT-TV 103 on Monday at 2:15 p.m., Thursday at 4:15 p.m. and Saturday at 10:15 a.m.

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